# PHARMACOPOEIA

OF

## HOSPITAL OF INTEGRATED MEDICINE

EDITED BY

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# Pharmacopoeia of Hospital of Integrated Medicine

## PART III

# UNANI

COMPILED BY

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# FOREWORD

The Government of Madras established the School of Indian Medicine in 1925 and started the Hospital of Indian Medicine in 1926. The hospital was intended to give clinical training to the students and as one of the medical relief centres in the city. To supply the medical needs of the hospital a pharmacy was annexed.

It is a well-known fact that there is an innumerable number of medicinal preparations scattered in various books of Indigenous Medicines, and there are also quite a large number of preparations which are traditionally used and handed over from teacher to student. The use of these preparations in diseases and their modes of preparations vary from State to State according to the local conditions and usage. In other words, there is no standardization of these excellent recipes. It is a great handicap both to a student of medicine and to a young medical practitioner. It has also become difficult to assess the value of a particular medicine in a given disease as the standards vary.

To overcome these difficulties, Captain G. Srinivasa Murthy, B.A., B.L., M.B. & C.M., who was then the Principal of the School, asked the lecturers of the various systems of

medicine to select a number of preparations from various texts, which would not only be useful in various diseases but would also be acceptable to a large number of practitioners of Indigenous Medicine practising in the various parts of this State. Accordingly, late Ayurvedacharya N. Madhava Menon, A.M.A.C., and Vidwan U. P. Sankunni Menon compiled a list for Ayurveda, late Vaidyarathna C. S. Murugesa Mudaliar compiled a list for Siddha system of Medicine and Hakim Moulvi Peer Madani Sahib for the Unani system. The medicines were prepared according to these lists and used in the Hospital of Indigenous Medicine, Madras. Later, when a number of medical institutions were opened under the auspices of the Local Boards, the Government thought the pharmacopoeia adopted in the Hospital of Indigenous Medicine might be extended to other institutions and accordingly printed in 1932 " List of Raw Drugs and Medicinal Preparations for use in Indigenous Dispensaries." This list had been revised and expanded from time to time.

Thus, for more than a quarter of a century, this Pharmacopoeia had been in use and found to satisfy the needs for which it was intended. It is now found that the time has come to give a shape to this Pharmacopoeia. The list that has been in use all these years is inadequate for the needs

of the practitioners as it gives only the names and the sources of the preparations and not the ingredients which go to make them, the method of preparation, the dose, the methods of administration and their therapeutic indications. These preparations are taken from various books and, for a young and busy practitioner, it would be difficult to search and find out the exact prescription. Moreover, as the original books are in Sanskrit for Ayurveda, in Tamil for Siddha System of Medicine and in Arabic or Urdu for Unani System, the difficulty in modern times becomes great. Therefore it was decided to compile a Pharmacopoeia in English and publish it. It is not claimed that this Pharmacopoeia is extensive and would cater to the needs of all the people. It is not the intention either to claim it as a Standard Pharmacopoeia of Indigenous Medicine. The purpose of the present volume is only to serve those practitioners who are in the employ of the State Government or the Local Boards. There would be a certain amount of uniformity in the use of these medicines in their institutions.

It was with that object an Advisory Committee with the following people was formed :—

1. Dr. M. R. Guruswami Mudaliar, B.A., M.D., Honorary Director of Indigenous Medicine.

2. Dr. M. Parankusam, L.M. & S., F.I.M., Principal, College of Indigenous Medicine.

3. Dr. M. K. Vaidya, Lecturer in Ayurveda.

4. Dr. M. Visweswara Sastry, H.P.I.M., Lecturer, Clinical Research.

5. Dr. K. Kasinathan, H.P.I.M., Lecturer in Siddha.

6. Dr. Mir Fida Hussain, H.P.I.M., Lecturer in Unani.

This Committee has gone through the existing list of Medicinal preparations and revised it based on the experience of these twenty-five years.

The actual work was entrusted to the following members of the Staff who formed the compilation Committee :—

1. Dr. T. Achuthan Kutty Nair, H.P.I.M., for Ayurveda.

2. Dr. C. S. Uthamarayan, H.P.I.M., for Siddha.

3. Dr. S. A. Subhan, H.P.I.M., for Unani.

Dr. V. Narayanaswami, H.P.I.M., Lecturer in Ayurveda, was appointed as the General Editor of the Pharmacopoeia. These members of the staff had done the work, in addition to their own work in the College and Hospital.

This is the first attempt made by any State Government in Indian Union to prepare and publish a standard Pharmacopoeia for the use in the State. It is hoped that in the near future it would be possible to formulate an Indian Pharmacopoeia of Indigenous Medicine which would be a standard work.

M. R. GURUSWAMI,
*Honorary Director of Indigenous Medicine.*

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# UNANI PHARMACOPOEIA

## Khivam or Pakkam.

*Khivam* or consistency is the degree of solidity present in fluid preparation. In the Unani system of medicine, for the recognition of the exact degree of consistency or *Khivam* at a given moment when boiling solutions of sugar, sugarcandy or honey, experience is of paramount importance. However, the following points will be of immense help to the beginners :—

1. When the boiling solution is taken in a spoon and poured from a little distance from the surface of the said solution, it will be noticed, that the few last drops appear as offshoots connecting the surface and simulating a single thread.

2. When a drop of the solution is taken between two fingers, mildly pressed and separated, it will be noticed, that a single thread will appear to join the contact surface of the separated fingers. This is the proper *Khivam* or, consistency for the preparation of '*Sherbaths*' or syrups.

It should be borne in mind, that for all practical purposes, the *Khivam* for *Majoon* or confection should be of a slightly higher degree when compared with the *Khivam* of *Sherbath* and for the preparation of *Khameera*, it should be of still higher degree than that of *Majoon*.

## Preparation of Arakh.

*Arakh* means a watery distillate, which is procured by boiling, and separating essence from the mixture of drugs soaked in water of substances which volatize at different temperatures.

## Process of Distillation.

The easiest way of extracting *Arakh* is with the help of a *Khara Ambique*. '*Khara*' means a vessel and *Ambique* means the particular kind of cover condenser used for the Distillating apparatus. (The distillating apparatus is available in the market.)

Drugs are placed in *Khara* and the required quantity of water is poured to soak them and is kept covered. In the morning, the *Khara* is placed over an oven and covered with the *Ambique* and finally the gap is closed with flour paste. It is allowed to boil and the *Arakh* collected in a big vessel. *Arakh* should not be filled in the bottles then and there because :

(1) the bottles may crack ;

(2) the saturation of the distillate will not be uniform, i.e., the first distilled portion will contain more essential matter than the last portion. *Khara-Ambique* should be kept tilted to the side discharging the *Arakh* and the outlet of the condenser is to be on the other side. When the water in the condenser gets sufficiently hot, it should be discharged from the outlet and cold water is to be added after plugging the discharging outlet. Actual warmth of water in the condenser and the variation in the flow of *Arakh* are the indications to change water.

Sometimes vapours are lost and sufficient quantity of *Arakh* is not procured. A watch should be kept with regard to the amount of sound produced inside the *Khara-Ambique* and the height of drugs and water, by tapping the sides of the *Khara*. There are a number of modifications in *Khara Ambique*, but for the various formulae enumerated herein for extracting *Arakh*, the aforementioned *Khara Ambique* will suffice for the purpose.

If milk is to be added in the formula of the *Arakh*, it should be mixed just before boiling the whole thing.

If musk, safron, amber, etc., are in the formula, they should be kept in a muslin cloth and firmly tied to the tube discharging the *Arakh*.

## SECTION I.

### ANOOSHDARU.

1. **Anooshdaru Lulavi.** (Kharabadeen Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 | Amber .. .. | $\frac{1}{6}$ tola. |
| 2 | Safron .. .. | $\frac{3}{4}$ ,, |
| 3 | Mervareed .. .. | 1 ,, |
| 4 | Busud .. .. .. | 1 ,, |
| 5 | Yeshab .. .. | 1 ,, |
| 6 | Saad Kufi .. .. | 1 ,, |
| 7 | Asgher .. .. | 1 ,, |
| 8 | Abraisham .. .. | 2 tolas. |
| 9 | Thabasheer .. .. | 2 ,, |
| 10 | Sazij-e-Hindi .. | 2 ,, |
| 11 | Sumbul-e-thib .. | 2 ,, |

Take of—*cont.*

| | | |
|---|---|---|
| 12 | Ood-e-kham | 1¼ tolas. |
| 13 | Gill-e-Armani | 2 ,, |
| 14 | Sheera-e-Amila | 4 oz. |
| 15 | Honey | 10 palams. |
| 16 | Sugarcandy | 20 ,, |

Make fine powder of Nos. 2, 6, 7 and 10 to 13. Take the decoction of No. 8 and mix in this Nos. 14,15 and 16 and boil the same to consistency (Khivam). Powder Nos. 3, 4, 5 and 9 separately. Grind Nos. 3 and 5 in a stone mortar adding rose water. Grind No. 1 in a stone mortar with a little Khivam. Add all to the Khivam and mix well.

*Dose* : ¼ to ½ a tola twice or thrice.

*Indications* : Anorexia, hypochlorhydria and chronic diarrhoeas.

**2. Anooshdaru Sada.** (Kharabadeen-e-Khaderi.)

Take of :

| | | |
|---|---|---|
| 1 | Gul-e-Surkh | 6 tolas. |
| 2 | Saada Kufi | 5 ,, |
| 3 | Kharanfal | 3 ,, |
| 4 | Masthagi | 3 ,, |
| 5 | Asaroon | 3 ,, |
| 6 | Sumbullathib | 3 ,, |
| 7 | Danaheel Kalan | 2 ,, |
| 8 | Danaheel Khurd | 2 ,, |
| 9 | Zarnab | 2 ,, |
| 10 | Bisbasa | 2 ,, |
| 11 | Jozbuva | 2 ,, |
| 12 | Darchini | 2 ,, |
| 13 | Khurfa | 2 ,, |

Take of—*cont.*

| | | |
|---|---|---|
| 14 Amila | .. .. | 65 tolas. |
| 15 Sugarcandy | .. .. | 34 palams. |
| 16 Honey | .. .. | 68 ,, |

Make fine powder of Nos. 1 to 14, by grinding. Mix Nos. 15 and 16 and boil to proper consistency. Finally add all the powders to the Khivam, mix well and preserve.

*Dose* : ½ to 1 tola.

*Indications* : Anorexia, hypo-acidity, diarrhoea and other digestive disorders.

## SECTION II.

### ARAKH.

**3. Arakh-e-Abraisham.** (Maghzan-ul-Murakabath.)

Take of :

| | | |
|---|---|---|
| 1 Abraisham | .. .. | 19 tolas. |
| 2 Gul-e-Gauzuban | .. | 4 ,, |
| 3 Badranja Boya | .. | 4 ,, |
| 4 Faranjamishk | .. | 4 ,, |
| 5 Sandal-e-Sufeed | .. | 4 ,, |
| 6 Safran | .. .. | ½ tola. |
| 7 Amber | .. .. | ½ ,, |

Soak Nos. 1 to 5 in 10 pints of water. Nos. 6 and 7 are to be kept in a muslin cloth and tied to the tube discharging the Arakh. Extract Arakh as usual.

*Dose* : 2 to 4 oz.

*Indications* : In palpitation of the heart and other cardiac diseases.

**4. Arkh-e-Ajwain.** (Kharabadeen-e-Jadeed.)

Take of :

Ajwain .. .. .. 10 palams.

Soak Ajwain in 20 pints of water for a night and in the morning extract Arakh.

*Dose* : 1 to 2 oz.

*Indications* : Indigestion, diarrhoea, flatulence.

**5. Arkh-e-Badiyan.** (Kharabadeen-e-Jadeed.)

Take of :

Badiyan .. .. .. 10 palams.

Soak Badiyan in 20 pints of water for a night. Extract the Arakh in the morning.

*Dose* : 2 to 4 oz.

*Indications* : Diuretic, Blood purifier, biliousness.

**6. Arkh-e-Banafsha.** (Kharabadeen-e-Jadeed.)

Take of :

Gul-e-Banafsha .. .. 10 palams.

Soak in 20 pints of water for a night and extract Arakh in the morning.

*Dose* : 2 to 4 oz.

*Indications* : Melancholia, anxiety neurosis.

**7. Arkh-e-Gauzuban.** (Kharabadeen-e-Jadeed.)

Take of :

Berge Gauzuban .. 10 palams.

Soak in 20 pints of water for a night and extract Arakh in the morning.

*Dose* : 2 to 4 oz.

*Indications* : Cardiac diseases such as palpitation of the heart, myocardial degeneration, etc.

**8. Arkh-e-Kafoor.** (Maghzan-ul-Murakabath.)

Take of :

| | | |
|---|---|---|
| 1 | Gul-e-Neelofer .. | 3 tolas. |
| 2 | Gul-e-Surkh .. .. | 3 ,, |
| 3 | Shathra .. .. | 3 ,, |
| 4 | Gul-e-Gauzuban .. | 3 ,, |
| 5 | Berg-e-Kahu .. | 3 ,, |
| 6 | Badiyan .. .. | 3 ,, |
| 7 | Saib Shereen .. .. | 3 ,, |
| 8 | Behi Shereen .. .. | 3 ,, |
| 9 | Sandal-e-Sufeed .. | 4 ,, |
| 10 | Sandal-e-Surkh .. | 4 ,, |
| 11 | Tukhm-e-Kasni .. | 4 ,, |
| 12 | Magz-e-Thukm-e-Khyar. | 4 ,, |
| 13 | Magz-e-Thukm-e-Kaddu. | 4 ,, |
| 14 | Magz-e-Kharbuza .. | 4 ,, |
| 15 | Gul-e-Banfsha .. | 4 ,, |
| 16 | Kafoor-e-Khaisori .. | 7 ,, |
| 17 | Arkh-e-Gulab .. .. | 2 pints. |
| 18 | Arkh-e-Baid Mishk .. | 2 ,, |
| 19 | Arkh-e-Kasni .. | 2 ,, |
| 20 | Water .. .. | 12 ,, |

Soak Nos. 1 to 15 in Nos. 17 to 20 for a night. After sprinkling No. 16 in the morning on the surface of the material thus

soaked, proceed with the extraction of Arakh.

*Dose*: 1 to 2 oz.
*Indications*: Myocardial degeneration, congestive heart-failure, etc.

**9. Arkh-e-Kamuni.** (Kharabadeen-e-Jadeed.)

Take of:
Kamuni .. .. .. 10 palams.

Soak the drug in 20 pints of water for a night and extract Arakh in the morning.

*Dose*: 2 to 4 oz.
*Indications*: Biliousness, jaundice, etc.

**10. Arkh-e-Kasni.** (Kharabadeen-e-Jadeed.)

Take of:
Tukhm-e-Kasni .. .. 10 palams.

Soak the drug in 20 pints of water for a night and extract Arakh in the morning.

*Dose*: 2 to 4 oz.
*Indications*: Biliousness, jaundice, etc.

**11. Arkh-e-Mulyian.** (H.P.)

Take of:
Namak-e-Mushil .. .. 10 palams.

Dissolve in 1 pint of water and filter.

*Dose*: 1 to 3 oz.
*Indications*: Purgative (anti safra).

**12. Arkh-e-Mundi.** (Kharabadeen-e-Jadeed.)

Take of:
Mundi .. .. .. 20 palams.

Soak the drug in 40 pints of water for a night and extract Arakh in the morning.

*Dose*: 2 to 4 oz.
*Indications*: Urticaria, scabies, Hepatic insufficiency, myocardial lesions.

**13. Arakh-e-Musaffi.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 | Berg-e-Neem .. .. | 5 tolas each. |
| 2 | Posth-e-Neem .. .. | |
| 3 | Posth-e-Bukayan .. | |
| 4 | Berg-e-Bukayan .. | |
| 5 | Posth-e-Kachnal .. | |
| 6 | Posth-e-Molsaree .. | |
| 7 | Dodhi Khurd .. .. | |
| 8 | Berg-e-Bhangra Siyah | |
| 9 | Berg-e-Javansa .. | |
| 10 | Posth-e-Gulnar .. | |
| 11 | Berg-e-Hina .. .. | |
| 12 | Shathra .. .. | |
| 13 | Serphooka .. .. | |
| 14 | Dhamaya .. .. | |
| 15 | Chobe Cheeni .. | |
| 16 | Gul-e-Neelofer .. | |
| 17 | Gul-e-Surkh .. | |
| 18 | Kashneez .. .. | |
| 19 | Sandal-e-Sufeed .. | |
| 20 | Tukhm-e-Kasni .. | |
| 21 | Beekh-e-Kasni .. | |
| 22 | Majeet .. | |
| 23 | Berg-e-Baid .. | |
| 24 | Burada-e-Chob-e-Shisham. | |
| 25 | Water .. .. | 40 pints. |

Soak Nos. 1 to 24 in No. 25 for a night. Extract Arakh in the morning.

*Dose*: 2 to 4 oz.

*Indications*: As blood purifier and in all skin diseases

### 14. Arakh-e-Sarthan. (Ad-dikh.)

Take of :

| | | |
|---|---|---|
| 1 | Sarthan Mussaffi .. | 15 tolas. |
| 2 | Sandal-e-Sufeed .. | 1 tola. |
| 3 | Sandal-e-Surkh .. | 1 ,, |
| 4 | Khass .. .. | 1 ,, |
| 5 | Gul-e-Neelofer .. | 1 ,, |
| 6 | Tukm-e-Kasni .. | 1 ,, |
| 7 | Mundi .. .. | 1 ,, |
| 8 | Badiyan .. .. | 1 ,, |
| 9 | Tukm-e-kaddu .. | 1 ,, |
| 10 | Kashneez .. .. | 1 ,, |
| 11 | Beekh-e-Kasni .. | 1 ,, |
| 12 | Asal-e-Soos .. | 1 ,, |
| 13 | Ilachi Khurd .. | 1 ,, |
| 14 | Koknar .. .. | 1 ,, |
| 15 | Water .. .. | 10 pints. |

Soak Nos. 2 to 14 in No. 15 for a night. Take fresh No.1 (Sarthan) and after severing its limbs and emptying its stomach of the contents, and washing, mix with other medicines. Extract Arakh.

*Dose* : 2 to 4 oz.
*Indications* : Tuberculosis, debility and general weakness.

### 15. Arkh-e-Sheer. (Biaz-e-Kabir.)

Take of :

| | | |
|---|---|---|
| 1 | Tukhum-e-Kasni.. | 1 tola. |
| 2 | Gul-e-Gauzuban .. | 1 ,, |
| 3 | Maghz-e-Kaddu .. | 2 tolas. |
| 4 | Tukm-e-Kaddu .. | 2 ,, |
| 5 | Tukm-e-Khurfa .. | 3 ,, |
| 6 | Tukm-e-Khyar .. | 1 tola. |
| 7 | Thabasheer (powder) | 1 ,, |

Take of—*cont.*

| | | | |
|---|---|---|---|
| 8 | Zaher Mohra (powder) | .. | 1 tola. |
| 9 | Gul-e-Surkh | .. | 2 tolas. |
| 10 | Kamuni .. | .. | 2 ,, |
| 11 | Gauzuban | .. | 2 ,, |
| 12 | Kishneez | .. | 3 ,, |
| 13 | Sandal-e-Surkh | .. | 4 ,, |
| 14 | Sandal-e-Sufeed | .. | 4 ,, |
| 15 | Kaddu-e-Sabz | .. | 5 ,, |
| 16 | Berg-e-Kasni Sabz. | | 5 ,, |
| 17 | Gul-e-Kaavalgadda. | | 5 ,, |
| 18 | Gul-e-Baid | .. | 10 ,, |
| 19 | Gul-e-Neelofer | .. | 10 ,, |
| 20 | Arkh-e-Baid-e-Miskh | .. | 1 pint. |
| 21 | Arkh-e-Shathra | .. | 1 ,, |
| 22 | Arkh-e-Kamuni | .. | 1 ,, |
| 23 | Arkh-e-Gulab | .. | 2 pints. |
| 24 | Arkh-e-Baid-e-Sada .. | .. | 4 ,, |
| 25 | Sheer-er-Gau | .. | 10 ,, |

Add Nos. 20 to 25 and soak Nos. 1 to 19 for a night. Extract Arakh as usual.

*Dose* : 1 to 2 oz.
*Indications* : Tuberculosis, insomnia and biliousness.

**16. Arakh-e-Shifa-e-Chasham No. 1.** (H.I.M. Pharmacopoeia.)

Take of :

| | | | |
|---|---|---|---|
| 1 | Phatakadi .. | .. | 1 tola. |
| 2 | Arkh-e-Gulab | .. | 24 oz. |

Dissolve No. 1 in No. 2, filter and preserve.

*Indications* : As eye drops in conjunctivitis and other inflammatory conditions of the eye.

**17. Arkh-e-Shifa-e-Chasham No. 2.**
(H.I.M. Pharmacopoeia.)

Take of :

| | | |
|---|---|---|
| 1 Phatakadi .. | .. | 3 tolas. |
| 2 Afyun .. | .. | $\frac{1}{2}$ tola. |
| 3 Arkh-e-Gulab | .. | 24 oz. |

Grind Nos. 1 and 2 with sufficient quantity of No. 3 in a stone mortar till it becomes a paste. Mix this paste in the remaining quantity of No. 3, filter and preserve.

*Indications* : As eye drops in various inflammatory diseases of the eye.

## SECTION III.

**18. Bershasha.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 Filfil-e-Siyah | .. | 10 tolas. |
| 2 Filfil-e-Sufeed | .. | 10 ,, |
| 3 Ajwain Khurasani | .. | 10 ,, |
| 4 Afyun .. | .. | 5 ,, |
| 5 Zafran : .. | .. | $2\frac{1}{2}$ ,, |
| 6 Balchad .. | .. | $\frac{1}{2}$ tola. |
| 7 Akherkherha | .. | $\frac{1}{2}$ ,, |
| 8 Ferfiyun .. | .. | $\frac{1}{2}$ ,, |
| 9 Honey .. | .. | 40 palams. |

Powder Nos. 1 to 3 and 5 to 8, sieve and preserve. Boil No. 9 with some water and bring it to consistency. Grind No. 4 with a little honey and make a paste. Put this paste in 9, add all the powders and mix thoroughly.

*Dose* : $\frac{1}{4}$ to $\frac{1}{2}$ tola.
*Indications* : Insomnia, anxiety neurosis, chronic diarrhoeas, etc.

**19. Dabeedul Verd.** (Kharabdeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Sumbullathib .. | 1 tola. |
| 2 | Laak .. .. | 1 ,, |
| 3 | Sandal-e-Sufeed .. | 1 ,, |
| 4 | Saleekha .. .. | 1 ,, |
| 5 | Darchini .. .. | 1 ,, |
| 6 | Thabasheer .. | 1 ,, |
| 7 | Khust .. .. | 1 ,, |
| 8 | Masthagi .. .. | 1 ,, |
| 9 | Safran .. .. | 1 ,, |
| 10 | Asaroon .. .. | 1 ,, |
| 11 | Gul-e-Surkh .. | 10 tolas. |
| 12 | Honey .. .. | 20 ,, |

Powder Nos. 1 to 5, 7 and 9 to 11, sieve and preserve. Lightly grind powder Nos. 6 and 8. Boil 12 with a little water to consistency. Add all the powders to the Khivam and mix well.

*Dose* : ¼ to ½ tola, twice or thrice a day.

*Indications* : In cardiac dropsy, ascites, and cirrhosis of the liver.

**20. Dava-e-Paichish.** (Kharabadeen-e-Jadeed.)

| | | |
|---|---|---|
| 1 | Post-e-Kash Khash .. | 3 tolas. |
| 2 | Haleel-e-Siyah .. | 3 ,, |
| 3 | Khash Khash Sufeed. | 1½ ,, |
| 4 | Honey .. .. | 8 palams. |
| 5 | Ghee .. .. .. | 3 ,, |

Fry Nos. 1 to 3 in 5, make fine powder and preserve. Boil No. 4 with some water to

consistency. Add all the powders to the Khivam, mix well, and preserve.

*Dose* : $\frac{1}{4}$ to $\frac{1}{2}$ tola.
*Indications* : Dysentery and diarrhoea.

**21. Dava-e-Shifa-e-Halaque.**
(H.I.M. Pharmacopoeia.)

Take of :

| | | |
|---|---|---|
| 1 Murmakki | .. .. | 3 tolas finely powdered. |
| 2 Mazu | .. .. | 3 tolas. |
| 3 Bazrulbanj | .. .. | 6 ,, |
| 4 Sohaga | .. .. | 3 ,, |
| 5 Shib | .. .. | 3 ,, |
| 6 Honey | .. .. | Quantity sufficient to make a throat paint. |

Burn Nos. 4 and 5 in a mud pan till they are converted into a powder. Make fine powder of Nos. 1 to 3. Add all the powders in No. 6, mix well and preserve.

As a throat paint.

*Indications* : Tonsillitis, elongated uvula, pharyngitis.

**22. Dava-e-Turanjabeen.** (Maghzan-ul-Murakabath.)

Take of :

| | | |
|---|---|---|
| 1 Turanjabeen | .. | 14 tolas. |
| 2 Salab Misri : | .. | 3 ,, |
| 3 Cow's Milk | .. | 40 oz. |
| 4 Sugar | .. .. | 15 palams. |

Mix Nos. 2 to 4 and boil till it comes to consistency and add No. 1.

*Dose* : $\frac{1}{2}$ to 1 tola.
*Indications* : Sexual weakness, neurasthenia, debility, etc.

**23. Dava-e-Thursh.** (H.I.M. Pharmacopoeia.)

Take of :

| | | |
|---|---|---|
| 1 | Filfil-e-Siyah .. | 5 tolas. |
| 2 | Zanja-beel .. | 5 ,, |
| 3 | Namak-e-Siyah .. | 5 ,, |
| 4 | Namak-e-Tham .. | 5 ,, |
| 5 | Namak-e-Sendah .. | 5 ,, |
| 6 | Baubadang .. | 5 ,, |
| 7 | Berg-e-Pudina Sabz. | 10 ,, |
| 8 | Lemon Juice .. | 4 oz. |
| 9 | Sugar .. .. | 25 palams. |

Make fine powder of Nos. 1 to 6. Dissolve No. 9 in the juice of Nos. 7 and 8 and boil to consistency. Add all the powders to the Khivam, and mix well.

*Dose* : $\frac{1}{4}$ to $\frac{1}{2}$ tola.

*Indications* : Biliousness, dyspepsia, meteorism, etc.

**24. Dava-ul-Kurkum.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Safron .. .. | 1 tola. |
| 2 | Saleekha .. .. | 1 ,, |
| 3 | Sumbullatheeb .. | 1 ,, |
| 4 | Asaroon .. .. | 1 ,, |
| 5 | Silaras .. .. | $\frac{1}{2}$ ,, |
| 6 | Murr .. .. | $\frac{1}{2}$ ,, |
| 7 | Khusth-e-Talque : | $\frac{1}{2}$ ,, |
| 8 | Fukha-e-Azkher .. | $\frac{1}{2}$ ,, |
| 9 | Darchini .. .. | $\frac{1}{2}$ ,, |
| 10 | Munakha-e-Kalan. | $1\frac{1}{2}$ tolas. |
| 11 | Honey .. .. | 8 palams. |

Make fine powder of Nos. 1 to 4 and 6 to 9. Powder 5 after drying it in the sun. Make

fine paste of 10 in a grinding stone. Add it to No. 11 and bring it to consistency with the addition of a little water. Finally add all the powders to the Khivam and mix well.

*Dose*: ¼ to ½ tola.

*Indications*: Hepatic insufficiency, jaundice, biliousness and cirrhosis of liver.

### 25. Dava-ul-Luk. (Kharabadeen-e-Azam.)

Take of:

| | | | |
|---|---|---|---|
| 1 | Usar-e-Ghafis .. .. | 2½ | tolas. |
| 2 | Badiyan .. .. | 2½ | ,, |
| 3 | Tukhm-e-Shaljam. | 2½ | ,, |
| 4 | Afsantheen.. .. | 3 | ,, |
| 5 | Tukhm-e-Kasni .. | 5 | ,, |
| 6 | Tukhm-e-Karfas .. | 2 | ,, |
| 7 | Raivend Cheeni .. | 1½ | ,, |
| 8 | Luk Magsool .. | 3 | ,, |
| 9 | Honey .. .. | 22 | palams. |

Wash with water No. 8, dry and powder. Powder Nos. 2 to 6 together and No. 1 and No. 7 separately. Boil No. 9 with some water to consistency. Add all the powders and mix well.

*Dose*: ¼ to ½ tola.

*Indications*: Chronic cholangitis, malaria and renal calculus.

### 26. Dava-ul-Meda. (H.I.M. Pharmacopoeia.)

Take of:

1 Gul-Khand .. }<br>
2 Murabba-e-Adrak .. } Equal parts.

Grind Nos. 1 and 2, adding small quantities of each in a grinding stone and expose to the sun for a day.

*Dose*: ½ to 1 tola.

*Indications*: Dyspepsia, heart-burn and flatulence.

**27. Dava-ul-Mishk-Bajavaher.** (Kharabadeen-e-Jadeed.)

Take of:

| | | | |
|---|---|---|---|
| 1 | Zaranbad .. .. | 3 | tolas. |
| 2 | Darunaj Akhrabi | 3 | ,, |
| 3 | Abraisham .. | 2 | ,, |
| 4 | Bahman-e-Sufeed: | 1½ | ,, |
| 5 | Bahman-e-Surkh. | 1½ | ,, |
| 6 | Sambulatheeb .. | 1½ | ,, |
| 7 | Shzij-e-Hindi .. | 1½ | ,, |
| 8 | Kakhila .. .. | 1½ | ,, |
| 9 | Ushna .. .. | 1½ | ,, |
| 10 | Dar-e-filfil.. .. | 1½ | ,, |
| 11 | Zanjabil .. .. | 1½ | ,, |
| 12 | Mis k .. .. | ½ | tola. |
| 13 | Kaheruba .. | 3 | tolas. |
| 14 | Busud .. .. | 3 | ,, |
| 15 | Mervareed .. | 1 | tola. |
| 16 | Honey .. .. | 30 | palams. |

Take the decoction of No. 3. Grind Nos. 13 to 15 in rose water and dry. Make fine powder of Nos. 1, 2 and 4 to 11. Boil No. 16 with some water and bring it to consistency. Grind No. 12 with a little Khivam and mix it with No. 16. Add all the powders to the Khivam.

*Dose*: ¼ to ½ tola.

*Indications*: Myocardial degeneration, cardiac insufficiency, cardiac Asthma and congestive cardiac failure.

**28. Dava-ul Misk-Sada.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Abraisham .. | 2 tolas. |
| 2 | Gul-e-Surkh .. | 2 ,, |
| 3 | Darchini .. .. | 2 ,, |
| 4 | Bahman-e Surkh. | 2 ,, |
| 5 | Bahman-e-Sufeed. | 2 ,, |
| 6 | Darunaj .. .. | 2 ,, |
| 7 | Safron .. .. | 2 ,, |
| 8 | Masthagi .. .. | 2 ,, |
| 9 | Ushna .. .. | 2 ,, |
| 10 | Heelbuva .. .. | 1 tola. |
| 11 | Sandal-e-Sufeed .. | 3 tolas. |
| 12 | Sundal-e-Surkh .. | 3 ,, |
| 13 | Thabasheer .. | 3 ,, |
| 14 | Kashneez .. .. | 3 ,, |
| 15 | Gul-e-Gauzuban .. | 3 ,, |
| 16 | Amila .. .. | 3 ,, |
| 17 | Busud .. .. | 3 ,, |
| 18 | Tukhm-e-Khurfa. | 3 ,, |
| 19 | Zarishk .. .. | 1½ ,, |
| 20 | Ood-e-Hindi .. | 1½ ,, |
| 21 | Badranjaboya .. | 1½ ,, |
| 22 | Rub-e-Saib .. | 6 palams. |
| 23 | Sugarcandy .. | 50 ,, |

Take the decoction of No. 1. Make fine powder of Nos. 2 to 18 and 20 and 21. Grind Nos. 19 and 22 in a grinding stone to a paste each separately. Add sugarcandy to the decoction of No. 1, and boil to consistency with the addition of the paste. Finally add all the powders to the Khivam and mix well.

*Dose:* ½ to 1 tola.

*Indications:* Palpitation of the heart, cardiac asthma

**29. Dava-uth-Thehal.** (Maghzan-ul-Murakabath.)

Take of :

| | | |
|---|---|---|
| 1 | Phatkadi .. .. | 1 tola. |
| 2 | Saji .. .. .. | 1 ,, |
| 3 | Thootia Sabz. .. | 1 ,, |
| 4 | Arkh-e-Guzuban .. | 40 oz. |
| 5 | Water .. .. | 40 ,, |

Keep all the ingredients in a wide mouthed copper vessel. Reduce it to dry powder form, by boiling and evaporating.

*Dose* : 2 to 4 grs. in butter once in the morning.

*Indications* : Enlargement of the spleen, malaria, Kala-azar.

**30. Dayakhoza.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Khaskhash Sufeed | 3 tolas. |
| 2 | Posth-e-Khashkhash. | 3 ,, |
| 3 | Asal-e-soos .. | 10 ,, |
| 4 | Buzoor-e-kathan .. | 10 ,, |
| 5 | Tukhum-e-Khathmi | 5 ,, |
| 6 | Tukhm-e-Khabbazi. | 5 ,, |
| 7 | Samagh-e-Arabi .. | 5 ,, |
| 8 | Katheera .. .. | 5 ,, |
| 9 | Bihidana .. | 5 ,, |
| 10 | Sugarcandy .. | 50 palams. |

Make fine powder of Nos. 1 to 3, 5 and 6. Soak No. 4 in 1 pint of water for a night and grind it into a paste. Powder Nos. 7 and 8 each separately. Take the extract of No. 9, dissolve No. 10 in it and boil to consistency. Add the

paste, and powders gradually to the Khivam, and mix well.

*Dose* : 1 to 3 tolas.

*Indications* : Laryngitis, dry unproductive cough, etc.

## SECTION IV.

## GENERAL DIRECTIONS FOR MAKING PILLS.

### HAB.

In the Unani system of medicine *Hab* means a pill. *Habs* are solid or semi-solid globular masses. They should not be too hard or so soft as to lose shape and stick together.

In making a pill-mass the following points should be observed :—

(*a*) Put the drug of the smaller weight in powder form into the mortar first and triturate it with the next smallest, add the next, again triturate, and so on.

(*b*) The softer the mass the easier it becomes to make pills.

(*c*) Pills liable to crumble will keep their shape if samagh-e-Arabi is added to the mass and rubbed thoroughly to make it sticky enough to make pills.

(*d*) Potent extracts, gummy substances, harmful oils, etc.,contained in a formula may require special attention for making pills and in those cases smear the fingers with almond oil or ghee to facilitate making pills.

### 31. Hab-e-Dafa-e-Khabz. (Biaz-e-Kabir. Vol. II.)

Take of :

| | | | |
|---|---|---|---|
| 1 | Sibr .. .. | 1 | tola. |
| 2 | Masthagi .. .. | 1 | ,, |
| 3 | Usara-e-Raivend. | 1 | ,, |

Powder each separately in a mortar and grind all the powders together with water to a smooth paste. Make 4 gr. pills.

*Dose* : 2 to 3 pills.

*Indications* : Habitual constipation, jaundice, Colitis, etc.

### 32. Hab-e-Asgher.

Take of :

| | | | |
|---|---|---|---|
| 1 | Bachnak (purified). | 1 | palam. |
| 2 | Shangraf (purified). | 1 | ,, |
| 3 | Kharnafal .. | 1 | ,, |
| 4 | Jozbuva .. .. | 1 | ,, |
| 5 | Bisbasa .. .. | 1 | ,, |
| 6 | Akherkherha .. | 1 | ,, |
| 7 | Filfil-e-Daraz .. | 1 | ,, |
| 8 | Safron .. .. | ½ | ,, |

Grind No. 2 in lemon juice and dry it. Powder Nos. 1, 3 to 8, add to No. 2 in a mortar and make it into a smooth paste. Make 2 gr. pills.

*Dose* : 1 to 2 pills with water (children).
2 to 4 pills (adults), B.D.

*Indications* : Cold, bronchitis, pneumonia, etc.

**33. Hab-e-Ayarij.** (Kharabadeen-e-Azam.)

Take of:

| | | |
|---|---|---|
| 1 | Sumbullatheeb .. | 1 tola. |
| 2 | Darchini .. .. | 1 „ |
| 3 | Ood-e-Balsan .. | 1 „ |
| 4 | Sallekha .. .. | 1 „ |
| 5 | Safron .. .. | 1 „ |
| 6 | Asaroon .. .. | 1 „ |
| 7 | Masthagi .. .. | 1 „ |
| 8 | Sibr (Aloes) .. | 9 tolas. |

Make fine powder of Nos. 1, 2, 4 to 6, 3, 7 and 8 each separately. Mix all the powders and grind well into a smooth paste with water. Make 4 gr. pills.

*Dose*: 1 to 2 pills B.D. Single dose 4 pills with water.

*Indications*: Chronic constipation, obesity, colitis, neurasthenia, etc.

**34. Hab-e-Azarakhi.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 | Darchini .. .. | 1 tola. |
| 2 | Jozbuva .. .. | 1 „ |
| 3 | Bisbasa .. .. | 1 „ |
| 4 | Ood-e-Saleeb .. | 1 „ |
| 5 | Kharanfal .. | 1 „ |
| 6 | Kuchla Mudabbir. | 2 tolas. |
| 7 | Arkh-e-Ajwain .. | Quantity sufficient. |

Make fine powder of Nos. 1 to 6. Add all the powders to No. 7 and grind it to a soft mass. Make 4 gr. pills.

*Dose*: 1 pill with milk twice a day.

*Indications*: Anorexia, gastro-intestinal hypotonicity, depression manias.

**35. Hab-e-Boo Ali.** (Maghzan-ul-Murakabath.)

Take of:

| | | |
|---|---|---|
| 1 | Mazu .. | .. 3 tolas. |
| 2 | Kazmazaj | .. 2 ,, |
| 3 | Afyun .. | .. 1 tola. |
| 4 | Samagh-e-Arabi .. | Quantity sufficient. |

Make fine powder of Nos. 1 to 3, add it to No. 4 and grind well to a smooth paste. Make 4 gr. pills.

*Dose*: 1 to 2 pills B.D.

*Indications*: Intestinal ulcerations, dysentery, diarrhoea, etc.

**36. Hab-e-Dabba.** (Hospital Pharmacopoeia.)

Take of:

| | | |
|---|---|---|
| 1 | Habbus Salatheen (purified). | 1 tola. |
| 2 | Sibr .. .. | 1 ,, |
| 3 | Katheera .. .. | 1 ,, |
| 4 | Aab-e-Berg-e-Kanghi. | 2 oz. |

Boil the cotyledons of No. 1 in a pint of milk. Make fine powder of Nos. 2 and 3, each separately. Add all to No. 4 and grind to a soft mass. Make 4 gr. pills.

*Dose*: ½ to 1 pill. B.D. with honey.

*Indications*: Dyspepsia, constipation, flatulence, bronchitis especially in children.

**37. Hab-e-Feelpa.** (Hospital Pharmacopoeia.)

Take of :

| | | |
|---|---|---|
| 1 | Beekh-e-Biskhopra Sufeed. | 2 tolas. |
| 2 | Raivend Chini .. | 4 ,, |
| 3 | Maghz-e-Gajga. .. | 2 ,, |
| 4 | Zanjabeel .. | 2 ,, |

Make fine powder and grind into a smooth paste with Tulasi juice. Make 2 gr. pills.

*Dose* : 2 to 3 pills.

*Indications* : Fevers in general and filarial fever in particular.

**38. Hab-e-Habisul-Bathan.** (Kharabadeen-e-Azam.)

Take of :

| | | |
|---|---|---|
| 1 | Shangraf .. .. | 3 tolas. |
| 2 | Afyun .. .. | 3 ,, |
| 3 | Masthagi .. .. | 3 ,, |
| 4 | Sohaga .. .. | 3 ,, |
| 5 | Lemoon (juice) .. | 8 oz. |

Make fine powder of Nos. 2, 3 and 4 and grind the powders into a smooth paste with No. 5. Make 2 gr. pills.

*Dose* : 1 to 3 pills two or three times a day with water.

*Indications* : Menorrhagia, metrorrhagia and other gynaecological haemorrhages.

**39. Hab-e-Haideri.** (Maghzan-ul-Murakabath.)

Take of :

| | | |
|---|---|---|
| 1 | Gul-e-Banafsha .. | 3 tolas. |
| 2 | Badiyan .. .. | 3 ,, |
| 3 | Shathra .. .. | 3 ,, |

Take of—*cont.*

4 Gauzuban .. .. 2 tolas.
5 Shangaraf (purified) ½ tola.

Nos. 1 to 4 to be powdered and No. 5 to be ground with lime juice. Add all the powders and grind to a soft mass. Make 2 gr. pills.

*Dose* : 1 to 2 pills, B.D. with water.
*Indications* : Diarrhoea, dyspepsia, flatulence especially in children.

**40. Hab-e-Jadvar.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Narjeel Salim .. | 1 tola. |
| 2 | Afyun .. .. | 5 tolas. |
| 3 | Jadvar Khata-ee .. | 1 tola. |
| 4 | Safron .. .. | ½ ,, |
| 5 | Maghz-e-Badam .. | 1 ,, |
| 6 | Maghz-e-Chalghoza. | 1 ,, |
| 7 | Tukhm-e-Khurfa .. | 1 ,, |
| 8 | Thabasheer .. | ¾ ,, |
| 9 | Katheera .. .. | ¾ ,, |
| 10 | Bazr-ul-Banj .. | ¾ ,, |
| 11 | Jozboya .. .. | ¾ ,, |
| 12 | Bahman-e-Sufeed | 1 ,, |
| 13 | Bahman-e-Surkh | 1 ,, |
| 14 | Badranjaboya .. | 1 ,, |
| 15 | Roghan-e-Balsan .. | 1 ,, |
| 16 | Ghee .. .. | 20 tolas. |
| 17 | Milk (400 oz.) .. | 5 measures. |

Cut a circular piece of the shell of No. 1 and remove the water. After placing Nos. 1 to 3 and 4 inside the coconut, cover it up with the same piece of shell and seal it firmly. Boil it

in 5 measures of milk until the milk dries up. Break it, remove the contents and fry in 20 tolas of ghee. Grind the entire thing into a paste. Powder Nos. 7 to 14 and grind Nos. 5 and 6, and add all the things to No. 15. Make pills of 4 gr.

*Dose* : 2 pills at bed time with milk.
*Indications* : Spermatorrhoea, chronic bronchitis, debility, drug addiction, sexual weakness.

**41. Hab-e-Jadvar-e-Bavasir.** (Kharabadeen-e-Azam.)

Take of :

| | | |
|---|---|---|
| 1 | Jadvar .. .. | 1 tola. |
| 2 | Afyun .. .. | 1 ,, |
| 3 | Khash-khash .. | 1 ,, |
| 4 | Maghz-e-Beek-e-Kaddoo. | 1 ,, |
| 5 | Beekh-e-Kahu .. | 1 ,, |
| 6 | Dhaniya .. .. | 1 ,, |
| 7 | Goggul .. .. | 1 ,, |
| 8 | Posth-e-Haleel-e-Kabuli. | 1 ,, |
| 9 | Roghan-e-Zard .. | 1 ,, |
| 10 | Gul-e-Gauzuban .. | 4 tolas. |
| 11 | Maghz-e-Badam .. | 4 ,, |
| 12 | Gond-e-Katheera. | 4 ,, |
| 13 | Safron .. .. | 2 ,, |
| 14 | Darcheeni .. | 2 ,, |
| 15 | Bahman-e-Sufeed. | 2 ,, |
| 16 | Bahman-e-Surkh. | 2 ,, |
| 17 | Ilachi Khurd .. | 2 ,, |
| 18 | Dam-ul-Akhiviyen. | 2 ,, |
| 19 | Busud .. .. | 2 ,, |
| 20 | Kaheruba .. | 2 ,, |
| 21 | Bansalochan .. | 2 ,, |
| 22 | Sandal-e-Sufeed .. | 3 ,, |
| 23 | Ajwain Khurasani. | 3 ,, |

Powder No. 8 after roasting in No. 9. Grind Nos. 1 to 7 and Nos. 10 to 23—each group separately to a smooth paste. Mix all the powders with the paste and make 2 gr. pills.

*Dose* : 1 to 2 pills, twice with water.

*Indications* : Haemorrhages, haemorrhoids, colds, tachycardia.

**42. Hab-e-Jiryan.** (Biaz-e-kabir. Vol. II.)

Take of :

| | | |
|---|---|---|
| 1 | Jayafal | .. 1 tola. |
| 2 | Joutharee | .. 1 ,, |
| 3 | Afyun | .. 1 ,, |
| 4 | Mazoo | .. 1 ,, |
| 5 | Ispanth | .. 1 ,, |
| 6 | Masthagi | .. 1 ,, |
| 7 | Safron | .. 1 ,, |
| 8 | Naagseer | .. 1 ,, |
| 9 | Mocharas | .. 1 ,, |
| 10 | Tajkhalme | .. 1 ,, |
| 11 | Gul-e-Supiyari | .. 1 ,, |
| 12 | Chaleeya | .. 1 ,, |
| 13 | Ilachi Khurd | .. 1 ,, |
| 14 | Thabasheer | .. 1 ,, |
| 15 | Ajwain-Khurasani. | 1 ,, |
| 16 | Isphagol | .. Quantity sufficient. |

Make fine powder of Nos. 1 to 15 and grind all the powders with the juice of No. 16 to a soft paste. Make 4 gr. pills.

*Dose* : 1 pill, three times a day.

*Indications* : Spermatorrhoea, sexual weakness, premature ejaculation.

**43. Hab-e-Jiryan.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Singhada Khushk .. | 10 tolas. |
| 2 | Sheer-e-Bergad .. | Quantity sufficient. |

Powder No. 1 and add it to No. 2. Make 4 gr. pills.

*Dose* : 2 to 4 pills, twice a day with fresh cow's milk.
*Indications* : Premature ejaculation, spermatorrhoea, etc.

**44. Hab-e-Kharanfal.** (Hospital Pharmacopoeia.)

Take of :

| | | |
|---|---|---|
| 1 | Raskapur .. .. | 1 tola. |
| 2 | Ajwain Khurasani .. | 1 ,, |
| 3 | Ajmood .. .. | 1 ,, |
| 4 | Aneesoon .. .. | 1 ,, |
| 5 | Ajwain Sada .. .. | 1 ,, |
| 6 | Kharanfal .. .. | 1 ,, |
| 7 | Khardil .. .. | 5 tolas. |

Make fine powder of Nos. 2 to 6. Dissolve No. 7 in water and boil to consistency. Add No. 1 and all the powders to Khivam and grind well. Make pills, each 4 grain.

*Dose* : 1 to 4 pills.
*Indications* : Chancroid, syphilis, etc.

**45. Hab-e-Lubbul-Khashkhash.** (Biaz-e-Kabir. Vol. II.)

Take of :

| | | |
|---|---|---|
| 1 | Safron .. .. | $\frac{1}{4}$ tola. |
| 2 | Posth-e-Beekh-e-Nafa. | $\frac{1}{2}$ ,, |
| 3 | Revand Cheeni .. | 3 tolas. |
| 4 | Bazrul Banj .. .. | 1 tola. |

Take of—*cont.*

| | | |
|---|---|---|
| 5 | Masthagi .. .. | 1 tola. |
| 6 | Kaheruba .. .. | 1 „ |
| 7 | Katheera .. .. | 1 „ |
| 8 | Nishastha .. .. | 1 „ |
| 9 | Samagh-e-Arabi .. | 1 „ |
| 10 | Thukhum-e-Kahoo .. | 1 „ |
| 11 | Gul-e-Gauzuban .. | 1 „ |
| 12 | Khash-khash. .. | 1 „ |
| 13 | Maghz-e-Thukhm-e-Khayarin. | 1 „ |
| 14 | Afyun .. .. | 1 „ |
| 15 | Rub-e-Soos .. .. | $1\frac{1}{4}$ tolas. |
| 16 | Gil-e-Armani .. | $1\frac{1}{2}$ „ |
| 17 | Posth-e-Khashkhash. | Quantity sufficient. |

Powder Nos. 2 and 4. Grind Nos. 1, 3 and 5 to 16 in the juice of No. 17 to a smooth paste. Make pills of the size of black pepper.

*Dose* : 1 pill with warm water.

*Indications* : Cold, cough, urticaria, etc.

**46. Hab-e-Madani.** (H.I.M. Pharmacopoeia.)

Take of :

| | | |
|---|---|---|
| 1 | Maghz-e-Gajga .. | 1 tola. |
| 2 | Filfil-e Siyah .. | 1 „ |
| 3 | Ab-e-Tulsi (juice).. | Quantity sufficient. |

Grind Nos. 1 and 2 with No. 3 to a pillmass. Make 4 gr. pills.

*Dose* : 1 to 4 pills.

*Indications* : Malaria, filaria, influenza and other fevers.

**47. Hab-e-Mayaah.** (Kharabadeen-e-Khaderi.)

Take of:

| | | |
|---|---|---|
| 1 Mayeeah | .. .. | Each 1 tola. |
| 2 Junda-be-Dasthur | .. | |
| 3 Asaroon | .. .. | |
| 4 Afyun | .. .. | |

Grind in a stone mortar to a smooth paste and make 40 gr. pills.

To be used as troches or lozenges.

*Indications*: Irritating coughs, laryngitis, pharyngitis.

**48. Hab-e-Mom.** (Hospital Pharmacopoeia.)

Take of:

| | | |
|---|---|---|
| 1 Mom Khalis | .. .. | 5 tolas each. |
| 2 Taj Khalmi | .. .. | |
| 3 Masthagi | .. .. | |

Make fine powder and grind well. Make pills of 4 gr. size.

*Dose*: 1 to 2 pills with water.

*Indications*: Constipation, colitis.

**49. Hab-e-Mudir.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 Sibr | .. .. .. | 2 tolas. |
| 2 Safron | .. .. | 2 ,, |
| 3 Hira Kasees | .. .. | 1 tola. |

Grind to a smooth pillmass and make 4 gr. pills.

*Dose* : 1 pill with water, preferably 3 or 4 days before the expected menstrual period.

*Indications* : Amenorrhoea, dysmenorrhoea. Regulates menstrual cycle.

NOTE.—Avoid giving this during menstrual period.

**50. Hab-e-Mukhavi.** (Biaz-e-Kabir. Vol. II.)

Take of :

| | | |
|---|---|---|
| 1 Jayefal | .. | 1 tola each. |
| 2 Jouthare | .. | |
| 3 Afyun | .. | |
| 4 Mazoo | .. | |
| 5 Masthagi.. | .. | |
| 6 Safron .. | .. | |
| 7 Nagaseer.. | .. | |
| 8 Mocharas | .. | |
| 9 Goggul .. | .. | |
| 10 Chaliyah | .. | |
| 11 Ilachi Khurd | .. | |
| 12 Bansalochan | .. | |
| 13 Ajwain Khurasani | | |
| 14 Isphagol | .. | Quantity sufficient. |

Grind Nos. 1 to 13 to a smooth paste with the juice of No. 14 and make 4 gr. pills.

*Dose* : 1 pill, B.D. or at bed time with water.
*Indications* : Ejaculatio praecox, sexual weakness, Neurasthenia.

**51. Hab-e-Mumsik.** (Biaz-e-Kabir. Vol. 2.)

Take of :

| | | |
|---|---|---|
| 1 Jayefal | .. | 1 tola each. |
| 2 Shangaraf Roome | | |

Take of—*cont.*

| | | |
|---|---|---|
| 3 Aakher Kherha .. | .. | 1 tola each. |
| 4 Afyun .. | .. | 1 tola each. |
| 5 Honey .. | .. | Quantity sufficient. |

Grind Nos. 1 to 4 in a mortar to a smooth paste with the addition of No. 5. Make pills of 2 gr. size.

*Dose* : 1 to 2 pills.

*Indications* : Impotency, sexual weakness, premature ejaculation.

**52. Hab-e-Murr.** (Hospital Pharmacopoeia.)

Take of :

| | | |
|---|---|---|
| Murr .. | .. .. | 3 tolas. |
| Lobia .. | .. .. | 5 ,, |
| Berg-e-Sudab | .. | 2 ,, |
| Pudina | .. .. | 2 ,, |
| Mishk-tara-Mashee | .. | 2 ,, |
| Fuva .. | .. .. | 2 ,, |
| Haltheeth | .. .. | 2 ,, |
| Iskabeenj | .. .. | 2 ,, |
| Ja-oo-Sheer | .. .. | 2 ,, |
| Abhal .. | .. .. | 6 ,, |

Make fine powder and grind with water to a pillmass. Make pills of 4 gr. size.

*Dose* : 1 to 2 pills twice a day, with water.

*Indications* : Amenorrhoea and other functional disorders of the uterus.

**53. Hab-e-Musaffi.** (Maghzan-ul-Murkkabath.)

Take of:

| | | |
|---|---|---|
| 1 | Seemab (purified) .. | 3 tolas. |
| 2 | Masthagi .. .. | 3 ,, |
| 3 | Akherkherha .. .. | 3 ,, |
| 4 | Summulfar (purified). | ½ tola. |

Grind No. 1 in a mortar with brick powder and blow off the dust until mercury alone remains. Powder Nos. 2 to 4 separately. Add the powders to mercury with a little lime juice and grind well to a smooth pillmass. Make pills of 2 gr. size.

*Dose*: 1 to 2 pills twice a day.

*Indications*: Syphilis, dermatitis, soft chancre, etc.

**54. Hab-e-Nuzla.** (Maghzan-ul-Murkkabath.)

Take of:

| | | |
|---|---|---|
| 1 | Jund Baidasther .. | 1 tola. |
| 2 | Saffron .. .. | 1 ,, |
| 3 | Rube-e-Soos .. .. | 2 tolas. |
| 4 | Darchini .. .. | 1 tola. |
| 5 | Afyun .. .. | 1 ,, |
| 6 | Semagh-e-Arabi .. | 2 tolas. |
| 7 | Katheera .. .. | 2 ,, |
| 8 | Nishastha .. .. | 2 ,, |

Make fine powder of Nos. 3, 4 and 6 to 8—each separately. Soak No. 1 in water for a night and boil in the morning to make it soft. Then add and grind well. Make pills of 4 grains.

*Dose*: 1 to 2 pills to be kept in the mouth and chewed, as Troches or Lozenges.

*Indications*: Chronic laryngitis, pharyngitis and cattarrhal conditions of the throat.

**55. Hab-e-Paichish.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 | Kafoor .. .. .. | ¾ tola. |
| 2 | Mazu .. .. .. | ¾ ,, |
| 3 | Maeen-Khurd .. .. | ¾ ,, |
| 4 | Posth-e-Haleela-e-Zard. | 1 ,, |
| 5 | Amila Khushk .. | 1 ,, |
| 6 | Samagh-e-Arabi .. | ¼ ,, |
| 7 | Afyun .. .. .. | ⅙ ,, |

Make fine powder of Nos. 2 to 6. Grind Nos. 1 and 7 with water in a mortar. Add all the powders, mix well and grind to a pillmass. Make 4 grains pills.

*Dose*: 1 pill at bed time with water.

*Indications*: This is to be given with other suitable medicine in chronic dysentery.

**56. Hab-e-Ramad.** (Kharabadeen-e-Azam.)

Take of:

| | | |
|---|---|---|
| 1 | Rasavath .. .. | 1½ tolas. |
| 2 | Afyun .. .. | 2 ,, |
| 3 | Phatkari .. .. | 4 ,, |
| 4 | Lemon juice .. .. | Quantity sufficient. |

Fry and grind No. 3 with No. 4. Grind all the drugs to a smooth paste. Make pills of 4 grains size.

*For external application only* or to the eyes—Rub with water to a paste and apply.

*Indications*: Styes, inflammation of the eye, etc.

**57. Hab-e-Rasvath.** (Kharabadeen-e-Jadeed.)

Take of :

| | |
|---|---|
| 1 Rasvath .. .. | 1 tola each. |
| 2 Goggull .. .. | |
| 3 Gaeru .. .. .. | |
| 4 Maghz-e-Tukhm-e-Neem. | |
| 5 Maghz-e-Tukhm-e-Bukayan. | |
| 6 Tukhm-e-Gandana .. | |

Grind first Nos. 4 to 6 with water and add Nos. 1 and 3. Add No. 2 little by little and grind well. Make 4 grains pills.

*Dose* : 1 to 2 pills with water, twice a day.

*Indications* : Haemorrhoids.

**58. Hab-e-Sozack.** (Kharabadeen-e-Jadeed )

Take of :

| | |
|---|---|
| 1 Thabasheer .. | 1 tola. |
| 2 Gairu .. .. | 1½ tolas. |
| 3 Shora-e-Khalmi .. | ¾ tola. |
| 4 Sang-e-Jarahath .. | ¾ ,, |
| 5 Kaheruba .. | ¾ ,, |
| 6 Dana-e-Ilachi .. | ¾ ,, |
| 7 Hajrul Yahood .. | ¾ ,, |
| 8 Samagh-e-Arabi .. | ½ ,, |
| 9 Kundur .. .. | ½ ,, |
| 10 Kaf-e-Darya .. | ½ ,, |
| 11 Roghan-e-Sandal. | 3 tolas. |

Make fine powder of Nos. 1 to 10—each separately. Add all the powders to No. 11, mix well and grind to a soft mass. Make pills of 4 grains size.

*Dose*: 1 to 2 pills.

*Indications*: Gonococcal infections, chordee, stricture, etc.

**59. Hab-e-Surfa.** (Maghzn-ul-Murakabath.)

Take of:

| | | |
|---|---|---|
| 1 | Rub-e-Soos .. | 3 tolas. |
| 2 | Filfil-e-Siyah .. | 3 ,, |
| 3 | Nabath .. .. | 3 ,, |

Powder Nos. 1 and 2 in a mortar. Dissolve No. 3 in water and boil to consistency. Grind the powders with Khivam to a smooth pillmass. Make pills of 4 grains.

*Dose*: 2 to 4 pills as lozenges and troches.

*Indications*: Irritating coughs, pharyngitis, etc.

**60. Hab-e-Surfa.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 | Samagh-e-Arabi .. | 1 tola. |
| 2 | Rub-e-Soos .. | 1 ,, |
| 3 | Thukm-e-Khashkhash. | 1 ,, |
| 4 | Nishastha .. .. | 1 ,, |
| 5 | Afyun .. .. | 1 ,, |
| 6 | Behidana .. .. | Quantity sufficient. |

Powder Nos. 1 to 4 and grind No. 5 in No. 6 to a smooth paste. Add the powders and grind. Make pills of 4 grains size.

*Used as troches or lozenges.*

*Indications* : Irritating cough, pharyngitis, etc.

**61. Hab-e-Surfa Deegar.** (Kharabadeen-e-Azam.)

Take of :

| | | |
|---|---|---|
| 1 | Samagh-e-Arabi .. | 6 tolas. |
| 2 | Katheera (white) .. | 6 ,, |
| 3 | Nishastha (white).. | .. |
| 4 | Asal-e-Soos.. .. | 6 tolas. |
| 5 | Afyun .. .. | 4 ,, |
| 6 | Khashkhash .. | 4 ,, |
| 7 | Maghz-e-Badam .. | 40 numbers. |
| 8 | Safron .. .. | 2 tolas. |
| 9 | Behidana .. .. | Quantity sufficient. |

Powder Nos. 2 and 3. Grind Nos. 1 and 4 to 8 in the juice of No. 9 to a smooth paste. Add all the powders, grind and make pills of 4 grains size.

*Dose* : 1 to 2 pills.

*Indications* : Asthma, dry unproductive coughs, Chronic bronchitis.

**62. Hab-e-Surinjan.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Sibr .. .. .. | 1 tola. |
| 2 | Posth-e-Haleel-e-Zard. | 1 ,, |
| 3 | Surianjan-e-Sheereen | 1 ,, |

Powder each separately and grind to a soft mass with the addition of water. Make pills of 4 grains size.

*Dose* : 1 to 2 pills.

*Indications* : Rheumatism, neuritis, sciatica, etc.

**63. Hab-e-Surkh.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Gayroo .. .. | 1 tola. |
| 2 | Afyun .. .. | 1 ,, |
| 3 | Zanjabeel .. .. | 1 ,, |
| 4 | Samagh-e-Arabi .. | 1 ,, |

Grind Nos. 1 to 4 to a soft mass with the addition of water and make pills of 4 grains size.

Prepared as eye-drops (Collyria) with the addition of water as and when necessary.

*Indications* : Conjuctivitis, trachoma.

**64. Hab-e-Surkh-Bada.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Rasvath .. .. | $\frac{1}{4}$ tola. |
| 2 | Sandal-e-Surkh .. | $\frac{1}{4}$ ,, |
| 3 | Narkachoor .. | $\frac{1}{4}$ ,, |
| 4 | Afyun .. .. | $\frac{1}{12}$ ,, |
| 5 | Chaksu .. .. | $\frac{1}{4}$ ,, |
| 6 | Zerd chobe .. | $\frac{1}{4}$ ,, |
| 7 | Berg-e-Hina .. | $\frac{1}{4}$ ,, |
| 8 | Murdarsing .. | $\frac{1}{12}$ ,, |
| 9 | Berg-e-Neem .. | $\frac{1}{4}$ ,, |
| 10 | Berg-e-Bukayan .. | $\frac{1}{4}$ ,, |

Make fine powder of Nos. 1 to 10 and grind with water to a soft mass. Make pills of 4 grains size.

*Dose* : 1 to 2 pills. $\frac{1}{4}$ pill for children below 6 months.

*Indications* : Boils, multiple abscesses and other skin diseases in children.

### 65. Hab-e-Thavoon Amberi Javahirwalee.

(Kharadadeen-e-Jadeed )

Take of :

| | | |
|---|---|---|
| 1 | Darunaj Akhrabi | $\frac{1}{2}$ tola. |
| 2 | Jadvar .. .. | $\frac{1}{2}$ ,, |
| 3 | Narkachoor .. | $\frac{1}{2}$ ,, |
| 4 | Bahman Sufeed .. | $\frac{1}{2}$ ,, |
| 5 | Sandal-e-Surkh .. | $\frac{1}{4}$ ,, |
| 6 | Gul-e-Makhthoom. | $\frac{1}{4}$ ,, |
| 7 | Gil-e-Armani .. | $\frac{1}{4}$ ,, |
| 8 | Darchini .. .. | $\frac{1}{4}$ ,, |
| 9 | Junthyana .. | $\frac{1}{4}$ ,, |
| 10 | Zeravenda Mudharij. | $\frac{1}{4}$ ,, |
| 11 | Thabasheer .. .. | $\frac{1}{4}$ ,, |
| 12 | Habb-e-Balsan .. | $\frac{1}{4}$ ,, |
| 13 | Safron .. .. | $\frac{1}{4}$ ,, |
| 14 | Yashab Sabz .. | $\frac{1}{4}$ ,, |
| 15 | Zaher Mohra .. | $\frac{3}{4}$ ,, |
| 16 | Mervareed .. | $\frac{1}{2}$ ,, |
| 17 | Yakhooth .. | $\frac{1}{2}$ ,, |
| 18 | Arkhe Gulab .. | 5 tolas. |
| 19 | Arkh-e-Baid Mishk. | 5 ,, |
| 20 | Arkh-e-Kaivuda | 5 ,, |
| 21 | Amber .. .. | $\frac{1}{12}$ tola. |
| 22 | Varkh-e-Thila .. | $\frac{1}{12}$ ,, |
| 23 | Varkh-e-Nukhra | $\frac{1}{4}$ ,, |

Powder Nos. 1 to 13 and grind Nos. 14 to 17 in Nos. 18 and 19 in a mortar. Grind No. 21

with Nos. 20 and 22 with No. 23. Add to the above and grind to a soft mass and make 4 grains pills.

*Dose* : 1 to 2 pills.
*Indications* : Bubonic plague.

**66. Hab-e-Thankar.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Tinkar-Sohaga .. | 2 tolas. |
| 2 | Ajwain Khurasani. | $2\frac{1}{2}$ ,, |
| 3 | Filfil-e-Siyah .. | 9 ,, |
| 4 | Sibr .. .. | 12 ,, |
| 5 | Gheekavar .. .. | 8 ,, |

Make fine powder of Nos. 2, 3 and 4. Fry No. 1 until it becomes a powder. Add all the powders to No. 5, grind well and make it into a smooth paste. Make pills of 4 grains.

*Dose* : 2 to 4 pills.
*Indications* : Amenorrhoea, Dysmenorrhoea and Menopausal disorders.

**67. Hab-e-Vaja-ur-Rehem.** (Hospital Pharmacopoeia.)

Take of :

| | | |
|---|---|---|
| 1 | Berg-e-Panj-ung-Gushth. | 100 Nos. |
| 2 | Seer (garlic without cover). | 30 ,, |
| 3 | Filfil-e-Siyah .. | 100 |

Grind and make pills of 4 grains each.

*Dose* : 2 to 4 pills.
*Indications* : Dysmenorrhoea.

**68. Hab-ul-Amber.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Jund Baidasther .. | $\frac{3}{4}$ tola. |
| 2 | Mishkh .. .. | $\frac{1}{6}$ ,, |
| 3 | Amber .. .. | 5/12 ,, |
| 4 | Jadvar Khathayee. | $\frac{1}{2}$ ,, |
| 5 | Safron .. .. | $\frac{1}{4}$ ,, |
| 6 | Honey .. .. | Quantity sufficient. |

Boil No. 1 in 4 oz. of Arkh-e-Gulab to soften it. Nos. 4 and 5 are to be ground in a mortar with Arkh-e-Gulab and finally mixed with No. 1. Add Nos. 2 and 3 gradually to the paste and grind well. Honey quantity sufficient may be added to facilitate the grinding. Make 2 grains pills.

*Dose* : 1 to 3 pills with water.

*Indications* : Colds, coughs, pneumonia, etc., in children.

**69. Hab-ul-Javahir Kafoori.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Sath-e-Silajeeth .. | 1 tola |
| 2 | Mervareed .. | 1 ,, |
| 3 | Mishk .. | 1 ,, |
| 4 | Amber .. | 1 ,, |
| 5 | Jowher-e-Loban" .. | 1 ,, |
| 6 | Verkh-e-Nukhra .. | 1 ,, |
| 7 | Verkh-e-Thila .. | 1 ,, |
| 8 | Saffron .. | 1 ,, |
| 9 | Kafoor Khaisori .. | 1 ,, |
| 10 | Abraisham .. | 1 ,, |

Grind No. 2 in a mortar with rose water and preserve. Take the decoction of No. 10. Powder rest of the drugs and mix well. Make 2 grain pills.

*Dose*: 1 to 2 pills, B.D. with honey.
*Indications*: Bronchitis, pneumonia, and general weakness.

## SECTION V.

**70. Halva-e-Baiza-e-Murgh.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 | Yolk of eggs (Hen's) | 20 Nos. |
| 2 | Jozbuva .. .. | $\frac{1}{2}$ tola. |
| 3 | Bisbasa .. .. | $\frac{1}{2}$ ,, |
| 4 | Saffron .. .. | $\frac{1}{8}$ ,, |
| 5 | Miskh .. .. | $\frac{1}{8}$ ,, |
| 6 | Sugar candy .. | 15 palams. |

Put eggs in boiling water for 10 minutes and when cooled peal off shell. Make the yolk into a powdery mass by beating with fork. Make fine powder of Nos. 2, 3, 4 and 5 each separately. Boil No. 6 with water to consistency. Add the khivam and the powders to the pulverised egg. Mix well.

*Dose*: 2 to 5 tolas, twice a day.
*Indications*: Impotency, sexual weakness, gives strength, improves blood condition.

**71. Halva-e-Gajar.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 | Gajar .. .. | 10 palams. |
| 2 | Milk .. .. | 30 oz. |
| 3 | Ghee .. .. | 10 tolas. |

Take of—*cont.*

| | | | |
|---|---|---|---|
| 4 | Sugar .. .. | 10 | palams. |
| 5 | Maghz-e-Chalghoza. | ½ | tola. |
| 6 | Maghz-e-Akhrote.. | ½ | ,, |
| 7 | Maghz-e-Findakh.. | ½ | ,, |
| 8 | Maghz-e-Badam Shereen. .. | ½ | ,, |
| 9 | Maghz-e-Narjeel .. | ½ | ,, |
| 10 | Maghz-e-Pistha .. | ½ | ,, |
| 11 | Maghz-e-Chironji. | ½ | ,, |

Boil No. 1 No. 2 till it becomes soft. Grind Nos. 5 to 11 in a grinding stone to a soft mass with No. 1. Prepare the Khivam of No. 4 and add the above mass and finally add No. 3 when warm.

*Dose*: 1 to 2 tolas, twice a day.

*Indications*: Neurosis of sexual origin, premature senility—aphrodisiac.

**72. Halva-e-Salab.** (Kharabadeen-e-Jadeed.)

Take of:

| | | | |
|---|---|---|---|
| 1 | Chal-e-Palas .. | 40 | palams. |
| 2 | Samagh-e-Arabi .. | 5 | ,, |
| 3 | Dana-e-Heel .. | 1 | palam. |
| 4 | Jaiphal .. .. | 1 | tola. |
| 5 | Bisbasa .. .. | 1 | ,, |
| 6 | Kharanfal .. | 1 | ,, |
| 7 | Masthagi .. .. | 1 | ,, |
| 8 | Karvia .. .. | 1 | ,, |
| 9 | Shazeera .. .. | 1 | ,, |
| 10 | Darchini .. .. | 1 | ,, |
| 11 | Sumbul-atheeb .. | 1 | ,, |
| 12 | Sazij-e-Hindi .. | 1 | ,, |
| 13 | Berg-e-Babool .. | 5 | palams. |

Take of—*cont.*

| | | | |
|---|---|---|---|
| 14 | Gul-e-Tharvar .. | 5 | palams. |
| 15 | Salab Misri .. | 5 | ,, |
| 16 | Ghee .. .. | 10 | ,, |
| 17 | Sugar candy .. | 80 | ,, |
| 18 | Honey .. .. | 40 | ,, |

Take the decoction of No. 1 and make fine powder of Nos. 2 to 15. To the decoction of No. 1, add Nos. 17 and 18 and boil to consistency. Add all the powders, mix well and finally add No. 16.

*Dose*: 1 to 2 tolas, twice a day.

*Indications*: Premature ejaculation, leucorrhoea, impotency.

## SECTION VI.

**73. Ithrifal-e-Afthimoon.** (Hospital Pharmacopœia.)

Take of:

| | | | |
|---|---|---|---|
| 1 | Posth-e-Haleel-e-Kabuli. | 2 | tolas. |
| 2 | Posth-e-Baleela .. | 2 | ,, |
| 3 | Amila .. .. | 2 | ,, |
| 4 | Berg-e-Sana .. | 1 | tola. |
| 5 | Turbed Sufeed .. | 1 | ,, |
| 6 | Afthimoon .. | 1 | ,, |
| 7 | Sheethraj Hindi .. | ½ | ,, |
| 8 | Bisfa-ej .. .. | ¼ | ,, |
| 9 | Aneesoon .. .. | ½ | ,, |
| 10 | Namak-e-Hindi .. | ½ | ,, |
| 11 | Honey .. .. | 11 | palams. |

Make fine powder of Nos. 1 to 9 in a pounder. Powder No. 10. Prepare the Khivam of No. 11, add all the powders, mix well and preserve.

*Dose*: ½ to 1 tola.

*Indications*: Diseases due to souda, anxiety states, dermatitis, hypopyon ulcers, pruritus, urticaria., etc.

**74. Ithrifal-e-Afthimoon Mushil.** (Maghzan-ul-Murakabath.)

Take of:

| | | |
|---|---|---|
| 1 | Namak-e-Hindi .. | ¾ tola. |
| 2 | Afthimoon .. | 1½ tolas. |
| 3 | Ghareekhoon .. | 1½ ,, |
| 4 | Gauzuban .. | 1½ ,, |
| 5 | Badranjaboya .. | 1½ ,, |
| 6 | Gul-e-Surkh .. | 1½ ,, |
| 7 | Posth-e-Haleel-e-Kabuli. | 2 ,, |
| 8 | Posth-e-Haleel-e-Zerd. | 2 ,, |
| 9 | Haleela-e-Siyah .. | 2 ,, |
| 10 | Posth-e-Baleela .. | 2 ,, |
| 11 | Usthakudus .. | 2 ,, |
| 12 | Amila .. .. | 2 ,, |
| 13 | Bisfa-ej .. .. | 2 ,, |
| 14 | Turbud Sufeed .. | 3 ,, |
| 15 | Sakhmonia .. | 2 ,, |
| 16 | Honey .. .. | 25 palams. |

Make fine powder of Nos. 2 to 14 in a mortar. Make fine powder of Nos. 1 and 15 each separately. Prepare the Khivam of No. 16, add all the powders and mix well.

*Dose*: ½ to 1 tola.

*Indications*: Hysteria, insanity.

**75. Ithrifal-e-Ghududi.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Haleel-e-Siyah .. | 1½ tolas. |
| 2 | Posth-e-Baleela .. | 3½ ,, |
| 3 | Amila .. .. | 3½ ,, |
| 4 | Turbud Sufeed .. | 3½ ,, |
| 5 | Afthimoon .. | 5 ,, |
| 6 | Bisfa-ej .. .. | 2½ ,, |
| 7 | Usthakhudus .. | 2½ ,, |
| 8 | Ghudud-e-Gardan-e-Gosfund (dry). | 2½ ,, |
| 9 | Ghareekhoon .. | 1½ ,, |
| 10 | Zaranbad .. .. | 1½ ,, |
| 11 | Masthagi .. .. | 1 tola. |
| 12 | Sheethraj .. .. | 1½ tolas. |
| 13 | Noushader .. | 1 tola. |
| 14 | Anisoon .. .. | 1 ,, |
| 15 | Khurfa .. .. | 1 ,, |
| 16 | Sumbul-atheeb .. | 1 ,, |
| 17 | Kharanfal .. | 1 ,, |
| 18 | Jozbuva .. .. | 1 ,, |
| 19 | Ilachi .. .. | 1 ,, |
| 20 | Honey .. .. | 40 palams. |

Make fine powder of Nos. 1 to 19. Prepare the Khivam of No. 20, add all the powders and mix well.

*Dose* : ½ to 1 tola.

*Indications* : Tonsillitis, pharyngitis and other throat affections.

**76. Ithrifal-e-Kabir.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Haleela-e-Siyah .. | $1\frac{1}{2}$ tolas. |
| 2 | Posth-e-Haleel-e-Kabuli. | $1\frac{1}{2}$ ,, |
| 3 | Posth-e-Baleela .. | $1\frac{1}{2}$ ,, |
| 4 | Amila .. .. | $1\frac{1}{2}$ ,, |
| 5 | Filfil-e-Daraz .. | $1\frac{1}{2}$ ,, |
| 6 | Filfil-e-Siyah .. | $1\frac{1}{2}$ ,, |
| 7 | Zanjabeel .. | $\frac{3}{4}$ tola. |
| 8 | Bisbasa .. .. | $\frac{3}{4}$ ,, |
| 9 | Bozidan .. .. | $\frac{3}{4}$ ,, |
| 10 | Shakhakhil Misri. | $\frac{3}{4}$ ,, |
| 11 | Todri-e-Surkh .. | $\frac{3}{4}$ ,, |
| 12 | Todri-e-Zerd .. | $\frac{3}{4}$ ,, |
| 13 | Inderjou Shereen | $\frac{3}{4}$ ,, |
| 14 | Bahman Surkh .. | $\frac{3}{4}$ ,, |
| 15 | Bahman Sufeed .. | $\frac{3}{4}$ ,, |
| 16 | Kunjad .. .. | $\frac{3}{4}$ ,, |
| 17 | Khash-Khash Sufeed. | $\frac{3}{4}$ ,, |
| 18 | Maghz-e-Anardana. | $\frac{3}{4}$ ,, |
| 19 | Turanjabeen .. | 10 tolas. |
| 20 | Honey .. .. | 30 ,, |

Make fine powder of Nos. 1 to 15 and grind Nos. 16 to 19 to a paste with some water. Prepare the Khivam of No. 20 with the addition of the paste. Finally add all the powders and mix well.

*Dose* : $\frac{1}{2}$ to 1 tola at bed time.

*Indications* : In conditions of balgham, nervous debility, dyspepsia, night blindness.

**77. Ithrifal-e-Kishneez.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Posth-e-Haleel-e-Kabuli. | 3 tolas. |
| 2 | Posth-e-Haleel-e-zard. | 2 ,, |
| 3 | Haleel-e-siyah .. | 2 ,, |
| 4 | Posth-e-Baleela .. | 2 ,, |
| 5 | Kishneez .. .. | 10 ,, |
| 6 | Amila .. .. | 2 ,, |
| 7 | Ghee .. .. | 5 ,, |
| 8 | Honey .. .. | 21 ,, |

Make fine powder of Nos. 2, 5 and 6. Powder Nos. 3 and 4 after roasting in No. 7. Prepare the Khivam of No. 8, add all the powders and mix well.

*Dose* : ½ to 1 tola.

*Indications* : Spermatorrhoea, premature ejaculation, gleet, otitis media.

**78. Ithrifal-e-Mukil.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Haleel-e-Siyah .. | 1 tola. |
| 2 | Badiyan .. .. | 1 ,, |
| 3 | Kishneez .. .. | 2 tolas. |
| 4 | Amila .. .. | 2 ,, |
| 5 | Mukhil .. .. | 5 ,, |
| 6 | Honey .. .. | 15 palams. |

Make fine powder of Nos. 1 to 4 and grind No. 5 in a stone mortar. Prepare the Khivam of No. 6, add all the powders and mix well.

*Dose* : ½ to 1 tola.

*Indications* : Haemorrhoids and Pruritus Ani.

**79. Ithrifal-e-Mulaiyan.** **(Kharabadeen-e-Jadeed.)**

Take of :

| | | |
|---|---|---|
| 1 | Posth-e-Haleel-e-Kabuli. | 1½ tolas. |
| 2 | Posth-e-Baleela .. | 1½ ,, |
| 3 | Haleel-e-Siyah .. | 1½ ,, |
| 4 | Amila .. .. | 1½ ,, |
| 5 | Turbud Sufeed .. | 1½ ,, |
| 6 | Raivend-Chini .. | 2 ,, |
| 7 | Badiyan .. .. | 4 ,, |
| 8 | Masthagi .. .. | 1 ,, |
| 9 | Usthakhudus .. | 2 ,, |
| 10 | Sakhmonia .. | 4 ,, |
| 11 | Honey .. .. | 30 palams. |

Make fine powder of Nos. 1 to 7 and 9. Powder Nos. 8 and 10 separately. Prepare the Khivam of No. 11, add all powders and mix well.

*Dose* : ½ to 1 tola at bed time with milk.

*Indications* : Constipation, chronic headache, vertigo, etc.

**80. Ithrifal-e-Razianaj.** (**Kharabadeen-e-Azam .**)

Take of :

| | | |
|---|---|---|
| 1 | Posth-e-Haleel-e-Zard. | 1 tola. |
| 2 | Posth-e-Haleel-e-Kabuli. | 1 ,, |
| 3 | Posth-e-Baleela .. | 1 ,, |
| 4 | Amila .. .. | 1 ,, |
| 5 | Kishneez .. .. | 1 ,, |
| 6 | Gul-e-Surkh .. | 1 ,, |

Take of—*cont.*

| | | |
|---|---|---|
| 7 Suather Farsi | .. | 1 tola. |
| 8 Maghz-e-Badam | .. | 2½ tolas. |
| 9 Badiyan .. | .. | 2½ ,, |
| 10 Honey .. | .. | 15 palams. |

Make fine powder of Nos. 1 to 7 and 9, grind No. 8 in a grinding stone to a paste. Prepare the Khivam of No. 10 with the addition of No. 8, add all the powders, mix well and preserve.

*Dose* : ½ to 1 tola, two times a day.
*Indications* : Nervous debility and chronic headaches.

**81. Ithrifal-e-Sagheer.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 Posth-e-Haleel-e-Zerd. | | 3 tolas. |
| 2 Posth-e-Baleela | .. | 3 ,, |
| 3 Haleel-e-Siyah | .. | 3 ,, |
| 4 Posth-e-Haleel-e-Kabuli. | | 3 ,, |
| 5 Amila .. | .. | 3 ,, |
| 6 Ghee .. | .. | 5 ,, |
| 7 Honey .. | .. | 15 palams. |

Make fine powder of Nos. 1 to 5. (Powder No. 3 after roasting in No. 6.) Prepare the Khivam of No. 7, add all the powders and mix well.

*Dose* : ½ to 1 tola, twice a day.
*Indications* : Nervous debility, neurasthenia, loss of memory and haemorrhoids.

**82. Ithrifal-e-Shathra.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Posth-e-Haleel-e-Zard. | 4 tolas. |
| 2 | Posth-e-Baleela .. | 2 ,, |
| 3 | Amila .. .. | 2 ,, |
| 4 | Posth-e-Haleel-e-Kabuli. | 3 ,, |
| 5 | Berg-e-Sana .. | 1 tola. |
| 6 | Gul-e-Surkh .. | 1 ,, |
| 7 | Shathra .. .. | 5 tolas. |
| 8 | Kishmish .. .. | 1 tola. |
| 9 | Honey .. .. | 18 palams. |

Make fine powder of Nos. 1 to 7, grind No. 8 to a smooth paste. Prepare the Khivam of No. 9, add paste of No. 8, and all the powders, mix well.

*Dose* : ½ to 1 tola.
*Indications* : Dementia praecox, debility. angio-neurotic oedema skin diseases, etc.

**83. Ithrifal-e-Usthakhudus.** (Kharabadeen e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Posth-e-Haleel-e-Zard. | 1 tola. |
| 2 | Posth-e-Haleel-e-Kabuli. | 1 ,, |
| 3 | Haleel-ē-Siyah .. | 1 ,, |
| 4 | Amila .. .. | 1 ,, |
| 5 | Berg-e-Sana .. | 1 ,, |
| 6 | Turbud Sufeed .. | 1 ,, |
| 7 | Bisfa-ej .. .. | 1 ,, |
| 8 | Usthakhudus | 1 ,, |

Take of—*cont.*

| | | |
|---|---|---|
| 9 | Masthagi .. .. | 1 tola. |
| 10 | Afthimoon .. | 1 ,, |
| 11 | Munakkha .. | 1 ,, |
| 12 | Roghan-e-Badam | 2½ tolas. |
| 13 | Honey .. .. | 11 palams. |

Make fine powder of Nos. 1 to 10 and grind No. 11 to a soft paste. (Powder No. 3 after roasting in No. 12.) Prepare the Khivam of No. 13 with the addition of No. 11, add all the powders and mix well.

*Dose* : ½ to 1 tola, twice a day.

*Indications*: Premature grey hairs, anorexia and alopecia areata.

**84. Ithrifal-e-Zamani.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Posth-e-Haleel-e-Kabuli. | 1 tola. |
| 2 | Haleel-e-Siyah .. | 1 ,, |
| 3 | Posth-e-Haleel-e-Zard. | 1 ,, |
| 4 | Turbud Sufeed .. | 2 tolas. |
| 5 | Kishneez .. .. | 2 ,, |
| 6 | Posth-e-Baleela .. | ½ tola. |
| 7 | Amila .. .. | ½ ,, |
| 8 | Gul-e-Surkh .. | ½ ,, |
| 9 | Thabasheer .. | ½ ,, |
| 10 | Gul-e-Neelofer .. | ½ ,, |
| 11 | Sandal-e-Sufeed .. | ¼ ,, |
| 12 | Katheera .. .. | ¼ ,, |
| 13 | Roghan-e-Badam.. | 3 tolas. |

Take of—*cont.*

| | | |
|---|---|---|
| 14 | Gul-e-Banafsha .. | 1 tola. |
| 15 | Sakhmonia .. | 1 ,, |
| 16 | Honey .. .. | 15 palams. |

Make fine powder of Nos. 1 to 15, each separately, powder No. 2 after roasting in No. 13. Prepare the Khivam of No. 16, add all the powders, mix well and preserve.

*Dose* : ½ to 1 tola.
*Indications* : Chronic constipation, otitis media, coryza, conjunctivitis, neuralgia, quinsy, trachoma, corneal inflammation.

## SECTION VII.

### JAVARISH.

*Javarish* usually acts on the stomach and intestines. Powders for preparing *Javarish* need not be very fine.

**85. Javarish-e-Amila-Lulavi.** (Maghzan-ul-Murakabath.)

Take of :

| | | |
|---|---|---|
| 1 | Sheer-e-Amila Sabz. | 20 tolas. |
| 2 | Thabasheer .. | 1 tola. |
| 3 | Samakh .. .. | 1 ,, |
| 4 | Zarishk .. .. | 1 ,, |
| 5 | Gul-e-Gauzuban .. | 2½ tolas. |
| 6 | Gul-e-Surkh .. | 1 tola. |
| 7 | Badranjaboya .. | 1 ,, |
| 8 | Posth-e-Bairoon-e-Pistha. | 1 ,, |
| 9 | Kishneez .. .. | 2 tolas. |
| 10 | Tukhm-e-Khurfa. | 2 ,, |
| 11 | Mervareed .. | ¼ tola. |

Take of—*cont.*

| | | |
|---|---|---|
| 12 | Amber .. .. | $\frac{1}{6}$ tola. |
| 13 | Varkh-e-Nukhra .. | $\frac{1}{6}$ ,, |
| 14 | Varkhe-Thila .. | $\frac{1}{6}$ ,, |
| 15 | Murabba-e-Bihi .. | 15 tolas. |
| 16 | Sugar .. .. | 25 palams. |

Powder Nos. 3 and 5 to 10 in a pounder. Grind Nos. 2, 4, 11 and 15 to a smooth paste by adding rose water wherever necessary and dry to powder. Dissolve No. 16 in No. 1, and add Nos. 4, 12 and 15 and boil to consistency. Add the powders and mix thoroughly. Finally add Nos. 13 and 14, mix well and preserve.

*Dose* : $\frac{1}{4}$ to $\frac{1}{2}$ tola, two or three times a day.

*Indications* : Hepatic diarrhoeas, malnutrition, anaemia and sprue.

**86. Javarish-e-Amila Sada.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Amila .. .. | 10 tolas. |
| 2 | Kishneez .. .. | $\frac{1}{2}$ tola. |
| 3 | Gul-e-Surkh .. | $\frac{1}{2}$ ,, |
| 4 | Sadaf Sokhtha .. | $\frac{1}{2}$ ,, |
| 5 | Masthagi .. .. | $\frac{1}{4}$ ,, |
| 6 | Thabasheer .. | $\frac{1}{4}$ ,, |
| 7 | Ilachi Sabz .. | $\frac{1}{4}$ ,, |
| 8 | Samakh .. .. | $\frac{1}{4}$ ,, |
| 9 | Nakahood Hindi | $\frac{1}{4}$ ,, |
| 10 | Lemon juice .. | 4 oz. |
| 11 | Sugarcandy .. | 17 palams. |

Powder Nos. 1 to 3, 7 and 8 in a pounder. Grind Nos. 4, 5 and 6 in a stone mortar to a fine

powder. Prepare the Khivam of Nos. 10 and 11, add all the powders, mix well and preserve.

*Dose* : ½ to 1 tola, two to three times a day.
*Indications* : Diarrhoea, anaemia, dyspepsia and sprue.

**87. Javarish-e-Anarain.** (Kharabadeen-e-Jadeed.)

Take of :

| | | | |
|---|---|---|---|
| 1 | Anar Sheereen (juice). | 8 | oz. |
| 2 | Anar thursh (juice). | 8 | ,, |
| 3 | Pudina Sabz (juice). | 4 | ,, |
| 4 | Arkh-e-Gulab .. | 4 | ,, |
| 5 | Sumbulatheeb .. | ½ | tola. |
| 6 | Masthagi .. .. | ½ | ,, |
| 7 | Posth-e-Turanj .. | ¼ | ,, |
| 8 | Posth-e-Bairoon-e-Pistha. | ¼ | ,, |
| 9 | Dana-e-Ilachi Khurd. | ¼ | ,, |
| 10 | Sugar .. .. | 20 | palams. |

Powder Nos. 5 to 9 in a pounder. Prepare the Khivam of No. 10 adding Nos. 1 to 4, add all the powders and mix well.

*Dose* : ½ to 1 tola, twice a day.
*Indications* : Liver abscess, cirrhosis of the liver, chronic jaundice, etc.

**88. Javarish-e-Filafali.** (Kharabadeen-e-Jadeed.)

Take of :

| | | | |
|---|---|---|---|
| 1 | Filfil-e-Siyah .. | 1½ | tolas. |
| 2 | Filfil-e-Sufeed .. | 1½ | ,, |
| 3 | Dar-e-filfil .. | 1½ | ,, |
| 4 | Zanjabeel .. | ½ | tola. |

Take of—*cont.*

| | | |
|---|---|---|
| 5 Karfas | .. .. | ½ tola. |
| 6 Taj | .. .. | ½ ,, |
| 7 Tukhm-e-Anjadan | | ½ ,, |
| 8 Tugar | .. .. | ½ ,, |
| 9 Tukhm-e-Rasan | .. | ½ ,, |
| 10 Sugarcandy | .. | 8 palams. |
| 11 Honey | .. .. | 16 ,, |

Powder Nos. 1 to 9 in a pounder. Prepare the Khivam of No. 10 with the addition of No. 11, add all the powders and mix well.

*Dose* : ¼ to ½ tola, twice a day.

*Indications* : Dyspepsia, meteorism, constipation, flatulence, heatburn in pregnancy.

**89. Javarish-e-Jalinoos.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 Sumbulatheeb | .. | 2 tolas. |
| 2 Kharanfal | .. | 2 ,, |
| 3 Khakhila | .. | 2 ,, |
| 4 Saleekha | .. .. | 2 ,, |
| 5 Darchini | .. .. | 2 ,, |
| 6 Khulanjan | .. | 2 ,, |
| 7 Saad Kufi | .. | 2 ,, |
| 8 Zanjabeel | .. | 2 ,, |
| 9 Filfil-e-Siyah | .. | 2 ,, |
| 10 Dar-e-filfil.. | .. | 2 ,, |
| 11 Khusth-e-Bahri | .. | 2 ,, |
| 12 Ood-e-Balsan | . | 2 |
| 13 Asaroon | .. .. | 2 ,, |
| 14 Tukhm-e-Morid | .. | 2 ,, |
| 15 Chara-e-tha | . | 2 ,, |
| 16 Masthagi .. | . | 1 tola. |

Take of—*cont.*

| | | |
|---|---|---|
| 17 Safron | .. .. | 2 tolas. |
| 18 Honey | .. .. | 40 palams. |

Powder Nos. 1 to 17 in a pounder. Prepare the Khivam of No. 18, add all the powders and mix well.

*Dose* : ½ to 1 tola, two times a day.
*Indications* : Rhinitis, coryza and obesity.

**90. Javarish-e-Kamoon Kabir.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 Zeer-e-Sufeed | .. | 15 tolas. |
| 2 Filfil-e-Sufeed | .. | 2 ,, |
| 3 Filfil-e-Siyah | .. | 2 ,, |
| 4 Berg-e-Sudab | .. | 4½ ,, |
| 5 Darchini .. | .. | 1½ ,, |
| 6 Burada-e-Surkh | .. | 1½ ,, |
| 7 Murabba-e-Adrak | | 12 ,, |
| 8 Murabba-e-Haleel e-Kabuli. | | 18 ,, |
| 9 Gul-Khand | .. | 30 ,, |
| 10 Sugarcandy | .. | 20 ,, |
| 11 Honey .. | .. | 10 ,, |

Powder Nos. 1 to 6 in a pounder. Grind Nos. 7 to 9 to a smooth paste. Prepare the Khivam of No. 10 with the addition of No. 11, add all the powders and mix well.

*Dose* : ½ to 1 tola, twice a day.
*Indications* : Diarrhoea, dyspepsia and gastro-intestinal disorders caused by Balgham and Safra.

**91. Javarish-e-Kamoon Sada.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 | Zeer-e-Kirmani .. | 14 tolas. |
| 2 | Berg-e-Sudab .. | 6 ,, |
| 3 | Zanjabeel .. | 6 ,, |
| 4 | Filfil-e-Siyah .. | 4 ,, |
| 5 | Sugar .. .. | 30 palams. |

Powder Nos. 1 to 4 in a pounder. Prepare the Khivam of No. 5, add all the powders and mix well.

*Dose*: ½ to 1 tola, twice a day.
*Indications*: Anorexia, dyspepsia and chronic constipation.

**92. Javarish-e-Kunder.** (Maghzan-ul-Murakabath.)

Take of:

| | | |
|---|---|---|
| 1 | Darchini .. .. | ½ tola. |
| 2 | Kunder .. .. | ¾ ,, |
| 3 | Kulanjan .. .. | ¾ ,, |
| 4 | Khurfa .. .. | ¾ ,, |
| 5 | Dana-e-Ilachi Khurd | 1¼ tolas. |
| 6 | Khranfal .. .. | 1½ ,, |
| 7 | Jozbuva .. .. | 1½ ,, |
| 8 | Bisbasa .. .. | 1½ ,, |
| 9 | Kaheruba .. .. | 1½ ,, |
| 10 | Balchar .. .. | 1½ ,, |
| 11 | Masthagi .. .. | 1¾ ,, |
| 12 | Honey .. .. | 15 palams. |

Powder Nos. 1 to 11 each separately. Prepare the Khivam of No. 12, add all the powders and mix well.

*Dose*: ½ to ¾ tola, twice a day.
*Indications*: Enuresis (nocturnal in children), incontinence of urine and diabetes insipidus.

**93. Javarish-e-Masthagi Sada.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Masthagi .. | .. 2 tolas. |
| 2 | Arakh-e-Gulab | .. 6 oz. |
| 3 | Sugar .. | .. 6 tolas. |

Powder No. 1, prepare the Khivam of No. 3 with the addition of No. 2, add the powder and mix well.

*Dose* : $\frac{1}{4}$ to $\frac{1}{2}$ tola, twice a day.
*Indications* : Dyspepsia, biliousness, etc.

**94. Javarish-e-Ood-e-Sheereen.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Asaroon .. | .. $\frac{1}{2}$ tola. |
| 2 | Safron .. | .. $\frac{1}{2}$ ,, |
| 3 | Ood-e-Hindi | .. $1\frac{1}{2}$ tolas. |
| 4 | Darchini .. | .. $1\frac{1}{2}$ ,, |
| 5 | Jozbuva .. | .. $1\frac{1}{2}$ ,, |
| 6 | Khurfa .. | .. $1\frac{1}{2}$ ,, |
| 7 | Ilachi Khurd | .. $1\frac{1}{2}$ ,, |
| 8 | Kharanfal | .. $1\frac{1}{2}$ ,, |
| 9 | Khulanjan | .. $1\frac{1}{2}$ ,, |
| 10 | Dar-e-filfil.. | .. $1\frac{1}{2}$ ,, |
| 11 | Sugarcandy | .. 4 palams. |
| 12 | Honey .. | .. 10 ,, |

Powder Nos. 1 to 10 in a pounder. Prepare the Khivam of No. 11 with the addition of No. 12, add all the powders and mix well.

*Dose* : $\frac{1}{4}$ to $\frac{1}{2}$ tola, twice a day.
*Indications* : Chronic constipation, sluggishness of the liver, etc.

**95. Javarish-e-Ood-e-Thursh.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 | Sumbulatheeb .. | 1 tola. |
| 2 | Khakhila-e-Siphar | 1 ,, |
| 3 | Safron .. .. | 1 ,, |
| 4 | Posth-e-uthraj .. | 1 ,, |
| 5 | Kharanfal .. | 1 ,, |
| 6 | Darchini .. .. | 1 ,, |
| 7 | Badranjaboya .. | 1 ,, |
| 8 | Masthagi .. .. | 1 ,, |
| 9 | Thabasheer .. | 1 ,, |
| 10 | Ood-e-Hindi .. | $1\frac{3}{4}$ tolas. |
| 11 | Murabb-e-Seb .. | 7 ,, |
| 12 | Arkh-e-Gulab .. | 9 ,, |
| 13 | Sugarcandy .. | 24 palams. |
| 14 | Honey .. .. | 6 ,, |
| 15 | Lemon juice .. | 6 ,, |

Powder Nos. 1 to 10. Grind No. 11 to a fine paste. Mix Nos. 12 to 15 and boil to consistency with the addition of No. 11. Add all the powders and mix well.

*Dose*: $\frac{1}{2}$ to 1 tola, twice a day.
*Indications*: Dyspepsia, meteorism, flatulence and fermentative diarrhoeas.

**96. Javarish-e-Sanghdana-e-Murgh.** (Kharabadeen-e-Azam.)

Take of:

| | | |
|---|---|---|
| 1 | Sanghdana-e-Murgh | 3 tolas. |
| 2 | Thabasheer .. | 3 ,, |
| 3 | Pudina Khuskh .. | $1\frac{1}{2}$ ,, |
| 4 | Posth-e-Bairoon-e-Pistha. | $1\frac{1}{2}$ ,, |

Take of—*cont.*

| | | |
|---|---|---|
| 5 | Posth-e-Turanj .. | 1½ tolas. |
| 6 | Posth-e-Haleel-e-Zerd. | 1½ ,, |
| 7 | Gul-e-Surkh .. | 2 ,, |
| 8 | Bahman-e-Sufeed | 2 ,, |
| 9 | Bahman-e-Surkh | 2 ,, |
| 10 | Sandal-e-Surk .. | 2 ,, |
| 11 | Sandal-e-Sufeed .. | 2 ,, |
| 12 | Suather .. .. | 2 ,, |
| 13 | Kishneez .. .. | 2 ,, |
| 14 | Habbul Aas .. | 2 ,, |
| 15 | Honey .. .. | 28 palams. |

Make fine powder of Nos. 1 to 14, each separately. Prepare the Khivam of No. 15, add all the powders and mix well.

*Dose* : ½ to 1 tola, twice a day.
*Indications* : Sprue, chronic diarrhoeas, etc.

**97. Javarish-e-Safarjali Mushil.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Safarjal .. .. | 8 palams. |
| 2 | Ilachi Khurd .. | 3 tolas. |
| 3 | Ilachi Kalan .. | 3 ,, |
| 4 | Thurbud Sufeed .. | 1½ ,, |
| 5 | Zanjabeel .. | 1½ ,, |
| 6 | Safron .. .. | 1½ ,, |
| 7 | Masthagi .. .. | 2 ,, |
| 8 | Sakhmonia .. | 2 ,, |
| 9 | Sugar .. .. | 40 ,, |

Powder Nos. 2 to 8, each separately in a mortar. Grind No. 1 to a smooth paste.

Prepare the Khivam of No. 9 with the addition of No. 1, add all the powders and mix well.

*Dose*: ½ tola at bed time.
*Indications*: Colitis, chronic jaundice, dyspepsia, etc.

**98. Javarish-e-Thabasheer.** (Kharabadeen-e-Jadeed.)

Take of:

| | | | |
|---|---|---|---|
| 1 | Gul-e-Surkh | .. | 3 tolas. |
| 2 | Thabasheer | .. | 3 ,, |
| 3 | Sandal-e-Sufeed | .. | 3 ,, |
| 4 | Kishneez .. | .. | 3 ,, |
| 5 | Amila .. | .. | 3 ,, |
| 6 | Habbul Aas | .. | 1½ ,, |
| 7 | Posth-e-uthraj | .. | 1½ ,, |
| 8 | Posth-e-Semakh | .. | 1½ ,, |
| 9 | Masthagi .. | .. | 1½ ,, |
| 10 | Kafoor Khaisuri | .. | ⅓ tola. |
| 11 | Murabba-Bihi | .. | 21 palams. |
| 12 | Sugarcandy | .. | 21 ,, |

Make fine powder of Nos. 1 to 10, each separately. Grind No. 11 to a smooth paste. Prepare the Khivam of No. 12 with the addition of No. 11, add all the powders and mix well.

*Dose*: ½ a tola, twice a day.
*Indications*: Anorexia, vertigo, dyspepsia, bilious vomiting, etc.

**99. Javarish-e-Zer-uni.** (Kharabadeen-e-Jadeed.)

Take of:

| | | | |
|---|---|---|---|
| 1 | Tukhm-e-Gajar | .. | 3 tolas. |
| 2 | Tukhm-e-Karfas | | 3 ,, |

Take of—*cont.*

| | | |
|---|---|---|
| 3 | Tukhm-e-Ispisth .. | 3 tolas. |
| 4 | Nankha .. .. | 3 ,, |
| 5 | Badiyan .. .. | 3 ,, |
| 6 | Maghz-e-Kharbuza | 3 ,, |
| 7 | Maghz-e-Thukhm-e-Khyar. | 3 ,, |
| 8 | Posth-e-Beekh-e-Karfas. | 3 ,, |
| 9 | Akherkherha .. | 1 tola. |
| 10 | Tej Khalmi .. | 1 ,, |
| 11 | Safron .. .. | 1 ,, |
| 12 | Masthagi .. .. | 1 ,, |
| 13 | Ood-e-Kham .. | 1 ,, |
| 14 | Bisbasa .. .. | 1½ tolas. |
| 15 | Kharanfal .. | 1½ ,, |
| 16 | Kababchini .. | 1½ ,, |
| 17 | Filfil-e-Siyah .. | 1½ ,, |
| 18 | Sugarcandy .. | 12 palams. |
| 19 | Honey .. .. | 24 ,, |

Powder Nos. 1 to 5 and 8 to 17 separately. Grind Nos. 6 and 7 to a fine paste. Mix Nos. 18 and 19 and boil to consistency with the paste. Add all the powders and mix well.

*Dose* : ½ to 1 tola twice a day.
*Indications* : Renal colic, lumbago, myalgia, etc.

## SECTION VIII.

### JOWHER.

'*Jowher*' means the essence of a substance. It may be a sublimate or a distillate as the case may be. It is procured by first converting a liquid into a vapour by boiling and condensing

the same by cooling in another vessel, called 'receiver'. *Jowher* is also obtained by first vaporising a solid by heat, which is then condensed as a deposit on the surface of another vessel, 'en masse'.

The simple method of obtaining *Jowher* from a substance is to place it in a mud-pot with a very narrow mouth and to cover it with the mouth of a similar pot (inverted pot) the gap being closed with flour-paste. The mud-pot containing the substance is heated on a oven by mild fire. In order to condense the vapour issuing out, 4 layers of wet cloth are placed over the upper pot, care being taken to see that the clothes are always kept moist. Continuous heat should be applied for 6 to 8 hours after which the pot is allowed to cool down gradually. Finally when the upper pot is removed, it will be seen that *Jowher* is deposited inside the pot which should then be collected and preserved.

Small distillating apparatus may be used to prepare *Jowher* of small quantities of liquids.

**100. Jowher-e-Shafa.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 Kafoor (Camphor) | 1 | tola. |
| 2 Thymol .. .. | 1 | ,, |
| 3 Menthol .. .. | 1 | ,, |

Mix Nos. 1 to 3 in a glass-stoppered bottle and keep it in the Sun for some time. The contents will melt into a liquid.

For external use only.

*Indications*: Rheumatism, sciatica, neuralgia, gout and lumbago.

## SECTION IX.

### KHAMEERA.

This preparation is similar to the method of preparing '*Majoon*'. In preparing '*Khameera*' some drugs are finely powdered and the decoction alone of other drugs is taken for the purpose. Sugar is added to this decoction and is boiled to a high consistency. Finally the powders are added and the entire mixture is stirred well.

In case, minerals and '*Jawahirath*' like Amber, Musk, etc., are added, they should be first mixed with honey and added before stirring up the mixture.

The decoction is taken by soaking the drugs in the liquids for a night and boiling down next morning to half the quantity. The decoction is filtered and taken.

**101. Khameer-e-Abraisham Bajawahir.**
(Kharabadeen-e-Jadeed.)

Take of:

| | | | |
|---|---|---|---|
| 1 | Abraisham | .. | 42 tolas. |
| 2 | Ood-e-Gharkhi | .. | ½ tola. |
| 3 | Sambul-e-theeb | .. | ½ ,, |
| 4 | Posth-e-Thuranj | .. | ½ ,, |
| 5 | Masthagi .. | .. | ½ ,, |
| 6 | Kharanfal | .. | ½ ,, |
| 7 | Dana-e-Ilachi | .. | ½ ,, |

Take of—*cont.*

| | | |
|---|---|---|
| 8 | Sazij-e-Hindi .. | ½ tola. |
| 9 | Sandal-e-Sufeed .. | ½ ,, |
| 10 | Arkh-e-Gauzuban. | 5 oz. |
| 11 | Arkh-e-Baid-e-Miskh. | 5 ,, |
| 12 | Arkh-e-Gulab .. | 5 ,, |
| 13 | Aab-e-Saib .. | 5 ,, |
| 14 | Aab-e-Anar Sheereen. | 5 ,, |
| 15 | Aab-e-Baran .. | 5 ,, |
| 16 | Murabb-e-Bihi .. | 5 ,, |
| 17 | Amber .. .. | ½ tola. |
| 18 | Arkh-e-Neelofer .. | 5 oz. |
| 19 | Varkh-e-Nukhra. | 40 leaves. |
| 20 | Varkh-e-Thila .. | 40 ,, |
| 21 | Mervareed .. | ½ tola. |
| 22 | Yakhooth .. | ¼ ,, |
| 23 | Yashab .. .. | ¼ ,, |
| 24 | Kaheruba .. | ½ ,, |
| 25 | Marjan .. .. | ½ ,, |
| 26 | Mishk .. .. | ¼ ,, |
| 27 | Safran .. .. | ½ ,, |
| 28 | Honey .. .. | 35 palams. |

Make fine powder of Nos. 2 to 9 and 27 each separately. Grind Nos. 21 to 25, 10 to 14, 16 to 18 and 26 in a stone mortar. Soak for a night in No. 15, boil and take the decoction. To this decoction, add Nos. 16 and 28 and boil to consistency, add all the powders and mix well. Finally add Nos. 19 and 20 and mix well.

*Dose* : ¼ to ½ tola, two or three times a day.

*Indications* : Congestive heart failure, myocardial degeneration, cardiac dropsy, etc.

**102. Khameer-e-Abraisham Sada.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Abraisham .. | 42 tolas. |
| 2 | Ood-e-Gharkhi .. | ½ tola. |
| 3 | Sumbulatheeb .. | ½ ,, |
| 4 | Posth-e-Thuranj .. | ½ ,, |
| 5 | Masthagi .. .. | ½ ,, |
| 6 | Kharanfal .. | ½ ,, |
| 7 | Dan-e-heel .. | ½ ,, |
| 8 | Sazij-e-Hindi .. | ½ ,, |
| 9 | Sandal-e-Sufeed .. | ½ ,, |
| 10 | Arkh-e-Gauzuban | 5 oz. |
| 11 | Arkh-e-Gulab .. | 5 ,, |
| 12 | Aab-e- Saib .. | 5 ,, |
| 13 | Aab-e-Bihi .. | 5 ,, |
| 14 | Aab-e-Anar .. | 5 ,, |
| 15 | Aab-e-Baran .. | 5 ,, |
| 16 | Honey .. .. | 10 palams. |
| 17 | Sugarcandy .. | 30 ,, |

Soak No. 1 in a mixture of Nos. 10, 11 and 15 over night and take its decoction by boiling. To this add Nos. 12 to 14 (fresh juice) and Nos. 16 and 17 and boil to consistency. Powder Nos. 2 to 9 in a pounder—each separately, add all the powders to the Khivam and mix well.

*Dose* : ½ to 1 tola, two or three times a day.
*Indications* : Ascites, general anasarca, retention of urine and nervous debility.

**103. Khameer-e-Ambari Bajawahir.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Gauzuban .. | 3 tolas. |
| 2 | Gul-e-Gauzuban .. | 1 tola. |

Take of—*cont.*

| | | |
|---|---|---|
| 3 | Abraisham .. | 1 tola. |
| 4 | Kishneez .. .. | 1 ,, |
| 5 | Sandal-e-Sufeed .. | 1 ,, |
| 6 | Bahman-e-Sufeed. | 1 ,, |
| 7 | Bahman-e-Surkh. | 1 ,, |
| 8 | Badranjaboya .. | 1 ,, |
| 9 | Usthakhudus .. | 1 ,, |
| 10 | Tukhm-e-Balangu. | 1 ,, |
| 11 | Tukhm-e-Faranja Miskh. | 1 ,, |
| 12 | Toodri Sufeed .. | 1 ,, |
| 13 | Toodri Surkh .. | 1 ,, |
| 14 | Amber .. .. | $\frac{1}{6}$ ,, |
| 15 | Verkh-e-Nukhra .. | $\frac{1}{4}$ ,, |
| 16 | Verkh-e-Thila .. | $\frac{1}{6}$ ,, |
| 17 | Mervareed .. | $\frac{1}{4}$ ,, |
| 18 | Yakhooth .. | $\frac{1}{4}$ ,, |
| 19 | Zamrud .. .. | $\frac{1}{4}$ ,, |
| 20 | Kaheruba .. | $\frac{1}{4}$ ,, |
| 21 | Yashab .. .. | $\frac{1}{4}$ ,, |
| 22 | Arkh-e-Gulab .. | Quantity sufficient. |
| 23 | Honey .. .. | 20 palams. |

Powder Nos. 1 to 13 except No. 3, and prepare decoction. To this add No. 23 and boil it to consistency. Grind Nos. 14 and 17 to 21 with the addition of No. 22 in a mortar. Add all the powders to the Khivam, mix well and finally add Nos. 15 and 16.

*Dose*: $\frac{1}{4}$ to $\frac{1}{2}$ tola, twice a day.

*Indications*: Loss of memory, nervous debility, neurasthenia, etc.

**104. Khameer-e-Banafsha.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 Gul-e-Banafsha | .. | 10 tolas. |
| 2 Sugar .. | .. | 10 palams. |

Take the decoction of No. 1 and after the addition of sugar boil it to consistency.

*Dose* : 1 to 2 tolas, two times a day.

*Indications* : Chronic constipation, biliousness, etc.

**105. Khameer-e-Gauzuban Sada.** (Kharabadeen-e-Jadeed.)

Take of:

| | |
|---|---|
| 1 Berg-e-Gauzuban. | 10 tolas. |
| 2 Gul-e-Gauzuban .. | 6 ,, |
| 3 Kishneez .. .. | 2 ,, |
| 4 Abraisham .. | 2 ,, |
| 5 Bahman-e-Sufeed | 2 ,, |
| 6 Tukhm-e-Balangu | 2 ,, |
| 7 Sandal-e-Sufeed .. | 2 ,, |
| 8 Tukhm-e-Franja Mishkh. | 2 ,, |
| 9 Murabb-e-Bihi ... | 5 palams. |
| 10 Sugarcandy .. | 22 ,, |
| 11 Honey .. .. | 11 ,, |

Take the decoction of Nos. 1 to 8. Dissolve Nos. 10 and 11 to this and boil to consistency. Grind No. 9 to a smooth paste and add it to the Khivam. Boil again and preserve.

*Dose* : 1 to 2 tolas, twice a day.

*Indications* : Insomnia, debility, palpitation of the heart, Neurosis and tachycardia

**106. Khameer-e-Mervareed.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Zaher Mohra .. | 2 tolas. |
| 2 | Badranjaboya .. | 2 ,, |
| 3 | Mervareed .. | 1 tola. |
| 4 | Bahman-e-Surkh | 1 ,, |
| 5 | Bahman-e-Sufeed | 1 ,, |
| 6 | Toodri Sufeed .. | 1 ,, |
| 7 | Toodri Surkh .. | 1 ,, |
| 8 | Safron .. .. | 1 ,, |
| 9 | Amber .. .. | 1 ,, |
| 10 | Mishk .. .. | 1 ,, |
| 11 | Gul-e-Gauzuban .. | 10 tolas. |
| 12 | Khurfa .. .. | 10 ,, |
| 13 | Arkh-e-Baidmishk | 10 oz. |
| 14 | Arkh-e-Gulab .. | 10 ,, |
| 15 | Sugar .. .. | 30 palams. |

Powder Nos. 2, 4 to 9, 12 and 13 in a pounder. Grind Nos. 1 and 3 with No. 15 in a mortar. Dissolve No. 15 in No. 14 and boil it to consistency. Grind Nos. 10 and 11 with a little Khivam and finally mix the whole thing.

*Dose* : ¼ to ½ tola, twice a day.

*Indications* : Traumatic shock, fatigue due to mental work, convalescence and senile complaints.

**107. Khameer-e-Usthakhudus.** (Kharabadeen-e-Azam.)

Take of :

| | | |
|---|---|---|
| 1 | Gul-e-Usthakhudus | 4 tolas. |
| 2 | Gul-e-Gauzuban .. | 2 ,, |
| 3 | Maghz-e-Chalghoza. | 2 ,, |

Take of—*cont.*

| | | |
|---|---|---|
| 4 Varkh-e-Nukhra | .. | 10 Nos. |
| 5 Amber | .. .. | $\frac{1}{4}$ tola. |
| 6 Honey | .. .. | 3 palams. |

Powder Nos. 1 and 2. Grind No. 3 to a smooth paste. Prepare the Khivam of No. 6 with the addition of No. 3, add the paste of No. 5 and all powders, mix well and finally add No. 4 and mix thoroughly.

*Dose* : $\frac{1}{2}$ to 1 tola, twice a day.
*Indications* : Paralysis, infantile paralysis and other nervous diseases.

## SECTION X.

### KHURS.

*Khurs* are same as pills, but these are made as tablets, hence the preparation of these are same as pills.

**108. Khurs-e-Aylavas.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 Tukhm-e-Karfas | .. | 2 tolas. |
| 2 Aneesoon .. | .. | 2 ,, |
| 3 Gharikhoon | .. | 2 ,, |
| 4 Darcheeni | .. | 2 ,, |
| 5 Afsantheen | .. | $\frac{1}{2}$ tola. |
| 6 Masthagi .. | .. | $\frac{1}{2}$ ,, |
| 7 Filfil .. | .. | $\frac{1}{4}$ ,, |

Take of—*cont.*

| | | |
|---|---|---|
| 8 | Afyun .. .. | $\frac{1}{4}$ tola. |
| 9 | Junda-be-Dasthar | $\frac{1}{4}$ ,, |
| 10 | Gulab (Arkh) .. | Quantity sufficient. |

Grind Nos. 1 to 9 in No. 10 to a smooth mass. Make tablets weighing 3 grains each.

*Dose* : 1 to 2 tablets, twice a day.
*Indications* : Mucous colitis, colic.

**109. Khurs-e-Aylavas-Deegar.** (Kharabadeen-e-Khaderi.)

Take of :

| | | |
|---|---|---|
| 1 | Thukhm-e-Karfas. | 4 tolas. |
| 2 | Aneesoon .. .. | 4 ,, |
| 3 | Afsantheen Roome | $2\frac{1}{2}$ ,, |
| 4 | Sallekha .. .. | 6 ,, |
| 5 | Filfil .. .. | $\frac{5}{8}$ tola. |
| 6 | Junde-be-Dasthur | $\frac{5}{8}$ ,, |
| 7 | Afyun .. .. | $\frac{5}{8}$ ,, |
| 8 | Gulab (Arkh) .. | Quantity sufficient. |

Grind Nos. 1 to 7 in No. 8 and make tablets weighing 5 grains each.

*Dose* : 1 tablet, twice with water.
*Indications* : Colitis, intestinal colic, etc.

**110. Khurs-e-Buzoor.** (Kharabadeen-e-Khaderi.)

Take of :

| | | |
|---|---|---|
| 1 | Thukhm-e-Raziyanaj. | 5 tolas. |
| 2 | Aneesoon .. .. | 5 ,, |
| 3 | Nankha .. .. | 5 ,, |
| 4 | Thukhm-e-Karfas | 5 ,, |
| 5 | Bazr-ul-Banj .. | 5 ,, |
| 6 | Hub-ul-Aas .. | 2 ,, |

Take of—*cont.*

| | | |
|---|---|---|
| 7 Afyun | .. .. | $\frac{1}{4}$ tola. |
| 8 Sharab-e-Angoori | .. | Quantity sufficient. |
| 9 Honey | .. .. | Do. |

Grind Nos. 1 to 7 in No. 8 to a smooth paste—each separately. Mix the paste with No. 9, grind and make tablets weighing 3 grains each.

*Dose* : 1 pill, three times a day.
*Indications* : Chronic dysentery and diarrhœa.

**111. Khurs-e-Gul.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 Gul-e-Surkh | .. | 5 tolas. |
| 2 Asal-e-soos | .. | 5 ,, |
| 3 Thabasheer | .. | 3 ,, |
| 4 Balchar | .. .. | 3 ,, |
| 5 Afsantheen | .. | 3 ,, |
| 6 Turanjabeen | .. | 3 ,, |
| 7 Gulab (Arkh) | .. | Quantity sufficient. |

Powder Nos. 1 to 6 in a pounder and grind with No. 7 to a smooth paste. Make tablets.

*Dose* : 4 tablets, thrice a day.
*Indications* : Fevers in general, chronic constipation, etc.

**112. Khurs-e-Gulnar.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 Gulnar (dry pomegranate flower). | | 5 tolas. |
| 2 Gill-e-Armani | .. | 5 ,, |
| 3 Samagh-e-Arabi | .. | 5 ,, |
| 4 Gul-e-Surkh | .. | 4 ,, |

Take of—*cont.*

| | | |
|---|---|---|
| 5 | Akha-khia .. | 4 tolas. |
| 6 | Katheera .. .. | 3 ,, |
| 7 | Aab-e-Gulnar (juice of fresh pomegranate flowers). | Quantity sufficient. |

Extract the juice of No. 7 with the addition of water. Powder Nos. 1 to 6 in a pounder and grind the powders with the juice of No. 7. When soft make tablets.

*Dose* : 4 tablets, two or three times a day.
*Indications* : Hæmorrhages, hæmetemesis and hæmoptysis.

**113. Khurs-e-Humma.** (Maghzan-ul-Murakabath.)

Take of :

| | | |
|---|---|---|
| 1 | Gul-e-Surkh .. | 4 tolas. |
| 2 | Agar .. .. | 4 ,, |
| 3 | Masthagi .. .. | 1 tola. |
| 4 | Afthimoon .. .. | 1 ,, |
| 5 | Fukha-e-Azkher .. | 1 ,, |
| 6 | Sumbulatheeb .. | 1 ,, |
| 7 | Darchini .. .. | 1 ,, |

Make fine powder of Nos. 1 to 7—each separately. Grind all the powders with water to a soft paste. Make tablets of 7 grains each.

*Dose* : 2 to 4 tablets, two or three times a day.
*Indications* : Fevers, constipation and biliousness.

**114. Khurs-e-Kaheruba.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Kaheruba .. .. | 9 tolas. |
| 2 | Dammul Akhvain. | 7 ,, |
| 3 | Samagh-e-Arabi .. | 7 ,, |

Grind Nos. 1 to 3 one after another with rose water to a smooth paste and make tablets of 7 grains each.

*Dose* : 1 to 2 tablets, two or three times a day.

*Indications* : Hæmorrhages particularly in typhoid.

**115. Khurs-e-Madani.** (Hospital Pharmacopœia.)

Take of :

| | | | |
|---|---|---|---|
| 1 | Thabasheer .. | 1 | tola. |
| 2 | Sath-e-Gulu .. | 1 | ,, |
| 3 | Dana-e-Ilachi Sabz. | 1 | ,, |
| 4 | Zaher Mohra Khatayee. | 1 | ,, |
| 5 | Cinchona bark .. | $\frac{1}{4}$ | ,, |
| 6 | Kafoor-e-Khaisoori. | $\frac{1}{2}$ | ,, |

Make fine powder of Nos. 1 to 6 separately and grind the powder with the juice of Isphaghol to a smooth paste. Make tablets of 7 grains each.

*Dose* : 2 to 4 tablets, two or three times a day.

*Indications* : Fevers—malaria.

**116. Khurs-e-Mervareed.** (Maghzan-ul-Murakabath.)

Take of :

| | | | |
|---|---|---|---|
| 1 | Mervareed .. .. | 1 | tola. |
| 2 | Arkh-e-Gulab .. | $\frac{1}{2}$ | lb. |

Grind No. 1 in a stone mortar with No. 2 slowly till it becomes a fine paste. Make tablets of 1 grain each.

*Dose* : 1 to 2 tablets, twice a day.

*Indications* : Tuberculosis, rickets and scurvy.

**117. Khurs-e-Murr.** (Ilaj-ul-Amraz.)

Take of:

| | | |
|---|---|---|
| 1 | Murmakki .. .. | 5 tolas. |
| 2 | Turmus .. .. | 5 ,, |
| 3 | Tuthlee .. .. | 3 ,, |
| 4 | Pudina .. .. | 3 ,, |
| 5 | Khirdmana .. | 3 ,, |
| 6 | Mishktara Mashee | 3 ,, |
| 7 | Majeet .. .. | 3 ,, |
| 8 | Hing .. .. | 3 ,, |
| 9 | Jousheer .. .. | 3 ,, |
| 10 | Isakbinaj .. .. | 3 ,, |

Powder Nos. 2 to 10 except No. 8 in a pounder. Grind Nos. 1 and 8 in a stone mortar with water to a soft paste. Finally add all the powders and paste, grind again and make tablets of 5 grains.

*Dose*: 1 to 2 tablets, two or three times a day.
*Indications*: Amenorrhœa, dysmenorrhœa, etc.

**118. Khurs-e-Musalis.** (Biaz-e-Kabir. Vol. II.)

Take of:

| | | |
|---|---|---|
| 1 | Murmakhi .. | $2\frac{1}{2}$ tolas. |
| 2 | Lavung .. .. | $2\frac{1}{2}$ ,, |
| 3 | Kafoor .. .. | $2\frac{1}{2}$ ,, |
| 4 | Afyun .. .. | $2\frac{1}{2}$ ,, |
| 5 | Safron .. .. | $2\frac{1}{2}$ ,, |
| 6 | Bazar-ul-Banj .. | $2\frac{1}{2}$ ,, |
| 7 | Posth-e-Beekh-e-Lafah. | $2\frac{1}{2}$ ,, |
| 8 | Kundar .. .. | 5 ,, |
| 9 | Anzrooth .. .. | 5 ,, |
| 10 | Amila .. .. | 5 ,, |
| 11 | Gil-e-Armani .. | 5 ,, |

Take of—*cont.*

| | | |
|---|---|---|
| 12 | Aab-e-Kahu .. | Quantity sufficient. |
| 13 | Gulab (Arkh) .. | Do. |

Grind Nos. 1 to 11 in Nos. 12 and 13 to a smooth mass. Make tablets weighing 5 grains each.

For external use—Mix with water and apply.

*Indications*: Severe headache and colds.

**119. Khurs-e-Sarthan Kafoori.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 | Samagh-e-Arabi .. | $1\frac{1}{4}$ tolas. |
| 2 | Shaker-e-Theghal. | $1\frac{1}{4}$ ,, |
| 3 | Kateera .. .. | $1\frac{1}{4}$ ,, |
| 4 | Gul-e-Surkh .. | $1\frac{1}{4}$ ,, |
| 5 | Thabasheer .. | $1\frac{1}{4}$ ,, |
| 6 | Asal-e-soos .. | $\frac{1}{2}$ tola. |
| 7 | Khurfa .. .. | $\frac{3}{4}$ ,, |
| 8 | Nishastha .. | $\frac{3}{4}$ ,, |
| 9 | Sandal-e-Surkh .. | $\frac{1}{4}$ ,, |
| 10 | Sandal-e-Sufeed .. | $\frac{1}{4}$ ,, |
| 11 | Tukhm-e-Kahu | $\frac{1}{4}$ ,, |
| 12 | Kafoor Khaisoori. | $\frac{1}{2}$ ,, |
| 13 | Rub-e-Soos .. | $\frac{1}{2}$ ,, |
| 14 | Maghz-e-Kaddu .. | $\frac{3}{4}$ ,, |
| 15 | Maghz-e-Tukhm-e-Khyar. | $\frac{3}{4}$ ,, |
| 16 | Maghz-e-Kharbuza. | $\frac{3}{4}$ ,, |
| 17 | Khashkhash .. | $\frac{3}{4}$ ,, |
| 18 | Sarthan Sokhtha | 1 ,, |

Powder Nos. 1 to 11 in a pounder. Grind Nos. 14 to 18 with a little water to a fine paste.

Add all the powders and the paste, grind and make tablets of 5 grains each.

*Dose* : 4 tablets, two or three times a day.
*Indications* : Pulmonary tuberculosis.

**120. Khurs-e-Suh.** (Kharabadeen-e-Khaderi.)

Take of :

| | | | |
|---|---|---|---|
| 1 | Sukh | .. .. | 10 tolas. |
| 2 | Kharanfal | .. .. | 10 ,, |
| 3 | Karnazij | .. .. | 5 ,, |
| 4 | Posth-e-Anar | .. | 5 ,, |
| 5 | Mazoo | .. .. | 5 ,, |
| 6 | Afyun | .. .. | 1 tola. |
| 7 | Rub-e-Behi | .. | Quantity sufficient. |

Grind Nos. 1 to 6 in No. 7—each separately and make tablets weighing 3 grains each.

*Dose* : 1 pill, twice or thrice a day.
*Indications* : Cholera, vomiting and acute diarrhœas.

**121. Khurs-e-Thabasheer Khabiz.** (Kharabadeen-e-Jadeed.)

Take of:

| | | | |
|---|---|---|---|
| 1 | Thabasheer | .. | $\frac{1}{2}$ tola. |
| 2 | Gul-e-Surkh | .. | $\frac{1}{2}$ ,, |
| 3 | Tukhm-e-Kasni | .. | $\frac{1}{2}$ ,, |
| 4 | Tukhm-e-Kahu | .. | $\frac{1}{2}$ ,, |
| 5 | Tukhm-e-Khurfa. | | $\frac{1}{2}$ ,, |
| 6 | Samagh | .. .. | $\frac{1}{2}$ ,, |
| 7 | Gulnar | .. .. | $\frac{1}{4}$ ,, |
| 8 | Sandal-e-Sufeed | .. | $\frac{1}{4}$ ,, |
| 9 | Tukhm-e-Humaz | | $\frac{1}{4}$ ,, |
| 10 | Afyun | .. .. | $\frac{1}{6}$ ,, |
| 11 | Gulab | .. .. | Quantity sufficient. |

Powder Nos. 1 to 9 in a pounder. Grind No. 10 with No. 11 in a stone mortar to a soft paste, add all the powders to the paste, grind again and make tablets of 10 grains each.

*Dose* : 2 to 4 tablets, twice a day.
*Indications* : Chronic biliousness.

**122. Khurs-e-Zaheer.** (Kharabadeen-e-Khaderi.)

Take of :

| | | | |
|---|---|---|---|
| 1 | Gil-e-Armani | .. | 2 tolas. |
| 2 | Khurs-e-Thabasheer. | | 2 ,, |
| 3 | Hab-ul-Aas | .. | 2 ,, |
| 4 | Balooth .. | .. | 4 ,, |
| 5 | Ard-e-Kinar | .. | 2 ,, |
| 6 | Thukm-e-Hamaz Bari. | | 4 ,, |
| 7 | Samag-e-Arabi | .. | 4 ,, |
| 8 | Gulnar .. | .. | 4 ,, |
| 9 | Nishastha | .. | 3 ,, |
| 10 | Gul-e-Surkh | .. | 3 ,, |
| 11 | Thulm-e-Karfas | .. | 1 tola. |
| 12 | Samakh .. | .. | 1 ,, |
| 13 | Masthagi .. | .. | 1 ,, |
| 14 | Mazoo .. | .. | 1 ,, |
| 15 | Zeer-e-Kirmani | .. | Quantity sufficient. |
| 16 | Vinegar .. | .. | Do. |
| 17 | Isphagol .. | .. | Do. |

Powder Nos. 14 and 15 after soaking in No. 16. Grind Nos. 1 to 13 to a smooth paste with the addition of all the powders. Make tablets weighing 3 grains each with the juice of No. 17.

*Dose* : 1 tablet, three times a day.
*Indications* : Hæmorrhage, dysentery and hæmoptysis.

123. **Khurs-e-Zaheer Deegar.** (Kharabadeen Khaderi.)

| | | | |
|---|---|---|---|
| Take of: | | | |
| 1 | Bazar-ul-Banj | .. | 5 tolas. |
| 2 | Abeez | .. .. | 5 ,, |
| 3 | Tukhm-e-Shibath | | 5 ,, |
| 4 | Raziyanaj | .. .. | 5 ,, |
| 5 | Nankha | .. .. | $2\frac{1}{2}$ ,, |
| 6 | Afyun | .. .. | 3 ,, |
| 7 | Karfas | .. .. | 10 ,, |
| 8 | Isphagol | .. .. | Quantity sufficient. |

Grind Nos. 1 to 7 to a smooth paste—each separately. Make tablets weighing 2 grains each with the juice of No. 8.

*Dose* : 1 pill, twice or thrice a day.
*Indications* : Flatulence and dysentery.

124. **Khurs-e-Zarishk.** (Kharabadeen-e-Jadeed.)

| | | | |
|---|---|---|---|
| Take of: | | | |
| 1 | Zarishk | .. .. | 4 tolas. |
| 2 | Tukhm-e-Kasni | .. | 1 tola. |
| 3 | Tukhm-e-Khurfa | .. | 1 ,, |
| 4 | Tukhm-e-Khyar | .. | 1 ,, |
| 5 | Gul-e-Surkh | .. | $1\frac{1}{2}$ tolas. |
| 6 | Balchar | .. .. | $\frac{1}{2}$ to'a. |
| 7 | Ispaghol | .. .. | 2 tolas. |

Powder Nos. 2 to 6 in a pounder. Grind No. 1 with the juice of No. 7 and gradually add all the powders, grind and make tablets of 10 grains.

*Dose* : 4 tablets, twice a day.
*Indications* : Chronic jaundice, biliousness, etc.

## SECTION XI.

### KUSHTHAS.

This is a preparation of minerals. The minerals are ground with specified liquids for a specific number of days. They are made into discs and completely dried. The discs are placed in a mud cup and covered with another cup and the edges are sealed properly (gill-e-Hikmath) and dried. The vessel is kept in the centre of the cowdung cakes and charcoal fire kept all around. It is allowed to burn. The quantity of fuel for burning is determined in each case. When cooled, the medicine is powdered and ground again. The same process is repeated as many times as required.

The medicine is not generally used immediately. It is kept for about six months before it is used. If it is to be used urgently, then, it should be buried in a sealed vessel in moist ground and then used.

**125. Kusth-e-Abrak Siyah.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 Abrak Siyah | .. | 10 tolas. |
| 2 Sheer-e-Madar | .. | Quantity sufficient. |
| 3 Reesh-e-Bergad | .. | Do. |

Tie Abrak loosely in a piece of jute cloth and immerse it in a basin of water and rub with both hands till the Abrak passes through the cloth into the basin. Allow it to settle down and decant the water.

Put this in a havan and grind with sufficient quantity of Sheer-e-Madar for 12 hours. Make discs and dry. Put this to fire in the usual way with 50 cowdung cakes. Repeat the process till the shining in the Abrak disappears.

Then grind this with the juice of tender aerial roots of banyan tree, make discs dry and put to fire. Repeat the process three times.

*Dose* : 2 grains, twice a day with honey.

*Indications* : Diabetes and bronchiectasis, etc.

**126. Kushth-e-Abrak Sufeed.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 Abrak Sufed | .. | 6 tolas. |
| 2 Kakrunda juice | .. | 20 oz. |

Grind No. 1 after the special process of its purification in No. 2 to a smooth paste. Place the same when dry in a mud dish and burn it with 50 cowdung cakes. After it cools down, remove the paste and powder it and repeat the process thrice.

*Dose* : 1 to 2 grains, twice a day with butter.

*Indications* : Diabetes, asthma and paralysis.

**127. Kushth-e-Afranj.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 Afranj (gold) | .. | 1 tola. |
| 2 Aab-e-Gulab | .. | 20 oz. |

Grind No. 1 (gold leaves) in No. 2 and make tablets, dry and put in mud cups. Burn it with 50 cowdung cakes. After it cools down take it

out. Repeat the process thrice with fresh juice each time.

*Dose* : 1 to 2 grains with butter, twice a day.

*Indications* : Tuberculosis, rheumatoid arthritis, general debility, nervous break down, etc.

**128. Kushth-e-Alkhiran.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Alkhiran—one piece. | 3 tolas. |
| 2 | Sheer-e-Madar .. | Quantity sufficient. |

Burn No. 1 to red-hot and immerse it in No. 2, repeat the process thrice. Finally grind it in a stone mortar with No. 2 to a soft mass. Make tablets and dry. Burn the tablets with 50 cowdung cakes and repeat the process thrice.

*Dose* : 1 to 2 grains, twice a day with ghee.

*Indications* : Fevers, chronic bronchitis and paralysis.

**129. Kusth-e-Busud.** (Madan-ul-Akseer.)

Take of :

| | | |
|---|---|---|
| 1 | Busud .. .. | 10 tolas. |
| 2 | Ghee-Kavar .. | Quantity sufficient. |
| 3 | Arkh-e-Gulab .. | Do. |

Mix No. 1 with the pulp of No. 2, seal the same in a mud dish and burn it with 50 cowdung cakes. After it has cooled down remove No. 1 and grind it with No. 3 in a mortar and make tablets. Subject the tablets to the fire of 50 cowdung cakes again and powder.

*Dose* : 2 to 5 grains, twice a day with butter.

*Indications* : Chronic bronchitis, bronchiectasis, nervous debility, etc.

**130. Kushth-e-Foulad.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 Foulad | .. .. | 10 tolas. |
| 2 Aab-e-Khata-ee | .. | 30 oz. |
| 3 Kata-ee | .. .. | 20 tolas. |

Place No. 1 in the paste of No. 3 and cover with mud dish, seal the edges, dry and subject it to a fire of 50 cowdung cakes. Remove No. 1 and grind it with No. 2 to a soft mass. Burn it with 50 cowdung cakes, repeating the process thrice.

*Dose* : 1 to 3 grains with butter or ghee twice a day.
*Indications* : Iron deficiency anaemias.

**131. Kushth-e-Hajrul Yahood.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 Scorpions .. | .. | 5 Nos. |
| 2 Hajrul Yahood | .. | 1 tola. |

Grind No. 1 to a soft mass and after mixing with No. 2, seal it in mud dish and burn it with 25 cowdung cakes.

*Dose* : 1 to 3 grains, twice a day with milk.
*Indications* : Renal calculus.

**132. Kushth-e-Justh.** (Madan-ul-Akseer.)

Take of:

| | | |
|---|---|---|
| 1 Justh | .. .. | 1 tola. |
| 2 Khata-ee-Khurd | .. | Quantity sufficient. |

Grind No. 2 to a paste and make two big discs. Place No. 1 in them and subject it to a fire of 25 cowdung cakes.

*Dose* : 1 to 2 grains, twice a day with milk.
*Indications* : Spermatorrhoea, impotency, sexual weakness, leprosy, etc.

**133. Kushth-e-Khalayee.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 Khalayee | .. .. | 5 tolas. |
| 2 Bhang | .. .. | 10 ,, |

Take a couple of cowdung cakes. Place No. 2 on a cake and cover it up with No. 1. After burning the entire thing remove No. 1 and grind it in a stone mortar.

*Dose* : 1 to 2 grains, twice a day with butter.

*Indications* : Spermatorrhoea, premature ejaculation, etc.

**134. Kushth-e-Marjan.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 Marjan | .. .. | 5 palams. |
| 2 Berg-e-Kanar | .. | 5 ,, |

Make paste of No. 2 in a grinding stone and make two discs. Place No. 1 in between the discs, keep it in mud vessel and subject it to a fire of 50 cowdung cakes. Repeat the process thrice.

*Dose* : 2 to 5 grains, twice a day with milk.

*Indications* : Pulmonary tuberculosis, chronic bronchitis, and haemoptysis.

**135. Kushth-e-Murdarsing.** (Madan-ul-Akseer.)

Take of :

| | | |
|---|---|---|
| 1 Murdarsing | .. | 2 tolas. |
| 2 Sheer-e-Madar | .. | Quantity sufficient. |

Grind No. 1 after the special process of its purification in No. 2 and make tablets. Subject them to a fire of 20 cowdung cakes.

*Dose* : 1 grain, twice a day with ghee.

*Indications* : Asthma, snake-bites, syphilis and skin infections.

### 136. Kushth-e-Nukhra. (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 Varkh-e-Nukhra | .. | 1 tola. |
| 2 Sheer-e-Madar | .. | Quantity sufficient. |

Grind No. 1 in No. 2 and make tablets. Subject it to a fire of 25 cowdung cakes. Repeat the process if required.

*Dose* : 2 grains, twice a day in butter.

*Indications* : Eunuchoidism, impotency and sexual weakness.

### 137. Kushth-e-Posth-e-Baiza-e-Murgh. (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 Posth-e-Baiza-e-Murgh. | | $2\frac{1}{2}$ palams. |
| 2 Lemon (juice) | .. | Quantity sufficient. |
| 3 Berg-e-Kanar | .. | Do. |

Grind No. 1 after the special process of its purification in No. 2 and make tablets. Subject it to a fire of 50 cowdung cakes repeating the process four times. For the final phase the juice of No. 3 should be used for grinding.

*Dose* : 1 to 3 grains, twice a day with milk.

*Indications* : Tuberculosis, rickets, scurvy, etc

**138. Kushth-e-Summulfar.** (Madan-ul-Akseer.)

Take of ;

| | | |
|---|---|---|
| 1 | Summulfar [Purified]. | 2 tolas. |
| 2 | Sheer-e-Madar .. | Quantity sufficient. |
| 3 | Hathee Sond Booti. | 4 tolas. |

Grind No. 1 in No. 2 and make tablets. Place the tablets in between the paste of No. 3 and subject it to a fire of about 4 pounds of dried goat's excreta (droppings).

*Dose* : 1 to 3 grains, twice a day with milk.

*Indications* : Rhinitis, coryza and chronic catarrh.

## SECTION XII.

### LABOOB.

### PREPARATION OF LABOOB.

*Lub* or *Maghz* means the edible portion of any dry fruit. The preparation of this is more or less on the lines of *Majoon*.

**139. Laboob-e-Kabeer.** (Kharabadeen-e-Jadeed.)

Take of :

| | | | |
|---|---|---|---|
| 1 | Khusiathus salab. | 3 | tolas. |
| 2 | Narjeel Taza .. | 3 | ,, |
| 3 | Maghz-e-Ser-e-Kunjashk. | 3 | ,, |
| 4 | Khashkhash .. | 3 | ,, |
| 5 | Maghz-e-Pistha .. | 1½ | ,, |
| 6 | Maghz-e-Badam .. | 1½ | ,, |
| 7 | Maghz-e-Findakh. | 1½ | ,, |

Take of—*cont.*

| | | |
|---|---|---|
| 8 | Maghz-e-Jahath-ul-Khifra. | 1½ tolas. |
| 9 | Maghz-e-Akrote .. | 1½ ,, |
| 10 | Maghz-e-Chalgoza. | 1½ ,, |
| 11 | Maghz-e-Habhuz Zalam. | 1½ ,, |
| 12 | Mahi Rubian .. | 1½ ,, |
| 13 | Shakhakhul Misri. | 1½ ,, |
| 14 | Khulanjan .. | 1½ ,, |
| 15 | Bahman-e-Surkh. | 1½ ,, |
| 16 | Bahman-e-Sufeed. | 1½ ,, |
| 17 | Todri Surkh .. | 1½ ,, |
| 18 | Todri Sufeed .. | 1½ ,, |
| 19 | Zanjabeel .. .. | 1½ ,, |
| 20 | Kunjad .. .. | 1½ ,, |
| 21 | Darchini .. .. | 1½ ,, |
| 22 | Khazeeb-e-Gow .. | 1½ ,, |
| 23 | Suranjan .. .. | 1¼ ,, |
| 24 | Bozidan .. .. | 1¼ ,, |
| 25 | Pudina Khushk .. | 1¼ ,, |
| 26 | Balchar .. .. | 1 tola. |
| 27 | Saad Kufi .. | 1 ,, |
| 28 | Kharanfal .. | 1 ,, |
| 29 | Kababchini .. | 1 ,, |
| 30 | Inderjou Sheereen. | 1 ,, |
| 31 | Daranuj Akhrabi. | 1 ,, |
| 32 | Nerkachoor .. | 1 ,, |
| 33 | Hab-e-Khul Khul. | 1 ,, |
| 34 | Tukhm-e-Gajar .. | 1 ,, |
| 35 | Tukhm-e-Turb .. | 1 ,, |
| 36 | Tukhm-e-Shaljam. | 1 ,, |
| 37 | Tukhm-e-Piaz .. | 1 ,, |
| 38 | Tukhm-e-Ispisth .. | 1 ,, |
| 39 | Tukhm-e-Hilyun. | 1 ,, |

Take of—*cont.*

| | | |
|---|---|---|
| 40 Jozbuva .. | .. | $\frac{3}{4}$ tola. |
| 41 Bisbasa .. | .. | $\frac{3}{4}$ ,, |
| 42 Charila .. | .. | $\frac{3}{4}$ ,, |
| 43 Darefilfil .. | .. | $\frac{3}{4}$ ,, |
| 44 Ma-e-Shuthur-e-Airabi. | | $1\frac{1}{4}$ tolas. |
| 45 Safron .. | .. | $1\frac{1}{4}$ ,, |
| 46 Masthagi .. | .. | $1\frac{1}{4}$ ,, |
| 47 Ood-e-Kham | .. | $\frac{3}{4}$ tola. |
| 48 Amber .. | .. | $\frac{1}{2}$ ,, |
| 49 Mishk .. | .. | $\frac{1}{4}$ ,, |
| 50 Verkh-e-Thila | .. | 30 Nos. |
| 51 Verkh-e-Nukhra | .. | 50 ,, |
| 52 Honey .. | .. | 64 palams. |

Make fine powder of Nos. 1, 4, 12 to 19, 21 to 45 and 47 in a pounder. Grind Nos. 2, 3, 5 to 11, 20, 48 and 49 to a smooth paste—each separately. Prepare the Khivam of No. 62, add all the ingredients and mix well. Finally add Nos. 50 and 51 and preserve.

*Dose* : $\frac{1}{4}$ to $\frac{1}{2}$ tola, two or three times a day with cow's milk.

*Indications* : Myocardial degeneration, chronic wasting diseases and nervous debility. Can be used during convalescence of any prolonged illness.

**140. Laboob-e-Sagheer.** (Kharabadeen-e-Jadeed.)

Take of;

| | | |
|---|---|---|
| 1 Maghz-e-Badam | .. | 1 tola each. |
| 2 Maghz-e-Akhrote | .. | |

Take of—*cont.*

| | | |
|---|---|---|
| 3 Maghz-e-Chalgoza | .. | 1 tola each. |
| 4 Habus Zalam | .. | |
| 5 Hab-e-Khulkhul | .. | |
| 6 Habat-hul-Khizra | .. | |
| 7 Findakh | .. .. | |
| 8 Pistha | .. .. | |
| 9 Narjeel Taza | .. | |
| 10 Todri Sufeed | .. | |
| 11 Todri Surkh | .. | |
| 12 Kunjad | .. .. | |
| 13 Bahman-e-Surkh | .. | |
| 14 Bahman-e-Sufeed | .. | |
| 15 Khurfa | .. .. | |
| 16 Zanjabeel | .. .. | |
| 17 Darfilfil | .. .. | |
| 18 Akherkherha | .. | |
| 19 Kababchini | .. .. | |
| 20 Darchini | .. .. | |
| 21 Shakhakhul Misri | .. | |
| 22 Khulanjan | .. .. | |
| 23 Tukhm-e-Jarir | .. | |
| 24 Tukhm-e-Piaz | .. | |
| 25 Tukhm-e-Shaljam | .. | |
| 26 Tukhm-e-Ispisth | .. | |
| 27 Tukhm-e-Hilyun | .. | |
| 28 Honey | .. .. | 27 palams. |

Grind Nos. 1 to 3, 7 to 9,12 and 21 to a paste. Powder Nos. 4 to 6, 10, 13 to 20 and 22 to 27. Prepare the Khivam of No. 28, add the paste and boil again, add all the powders and mix well.

*Dose* : ½ to 1 tola, twice a day with milk.

*Indications* : Impotency, sexual weakness, premature senility and debility.

## SECTION XIII.

### LAVOOKH.

### PREPARATION OF LAVOOKH.

*Lavookh* or Linctus is a thin confection to be slowly swallowed in small doses, so as to act on the throat. It can be conveniently licked as it is thinner than *Majoon*.

**141. Lavookh-e-Hulba.** (Kharabadeen-e-Khaderi.)

Take of:

| | | |
|---|---|---|
| 1 | Hulba .. .. .. | 4 tolas. |
| 2 | Maghz-e-Badam .. | 4 ,, |
| 3 | Katheera .. .. | 2 ,, |
| 4 | Asal-e-Soos .. .. | 2 ,, |
| 5 | Maghz-e-Chalgoza .. | 2 ,, |
| 6 | Nishasta .. .. | 2 ,, |
| 7 | Samagh-e-Arabi .. | 2 ,, |
| 8 | Sugar .. .. | 10 palams. |

Powder Nos. 3, 4 and 7. Grind Nos. 1, 2 and 5 to a smooth paste. Prepare the Khivam of Nos. 1, 2 and 5, add all the powders and mix well.

*Dose*: $\frac{1}{2}$ to 1 tola, twice a day.

*Indications*: Chronic bronchitis, dry unproductive coughs and bronchiectasis.

**142. Lavookh-e-Kathan.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 | Tukhm-e-Kathan (Alsi). | 30 tolas. |
| 2 | Sugar .. .. .. | 60 ,, |

Grind No. 1 with a little water to a soft paste. Prepare the Khivam of No. 2 with the addition of the paste and mix well.

*Dose :* $\frac{1}{2}$ to 1 tola, two or three times a day with water.
*Indications* : Irritating coughs, chronic bronchitis, laryngitis and pharyngitis.

**143. Lavookh-e-Sapisthan.** (Kharabadeen-e-Jadeed.)

Take of:

| | | | |
|---|---|---|---|
| 1 | Sapisthan | 50 | units. |
| 2 | Unnab | 20 | ,, |
| 3 | Posth-e-Khash Khash | 2 | tolas. |
| 4 | Asal-e-Soos | 1 | tola. |
| 5 | Tukhm-e-Khathmi | $\frac{1}{2}$ | ,, |
| 6 | Tukhm-e-Khyar | $\frac{1}{2}$ | ,, |
| 7 | Bihi-Dana | $\frac{1}{4}$ | ,, |
| 8 | Jou | 1 | ,, |
| 9 | Maghz-e-Badam | 1 | ,, |
| 10 | Khashkhash | 1 | ,, |
| 11 | Rubb-e-Soos | $\frac{1}{4}$ | ,, |
| 12 | Kateera | $\frac{1}{4}$ | ,, |
| 13 | Samagh-e-Arabi | $\frac{1}{4}$ | ,, |
| 14 | Sugarcandy | 15 | palams. |

Take the extract of Nos. 1, 2 and 7. Grind Nos. 6, 8, 9 and 10 with water to a paste. Powder Nos. 3 to 5 and 11 to 13—each separately. Prepare the Khivam of No. 14 with the extract of Nos. 1, 2 and 7, add all powders and mix well.

*Dose* : 1 to 2 tolas, twice a day.
*Indications* : Dry unproductive coughs.

**144. Lavookh-e-Sual.** (Kharabadeen-e-Jadeed.)

Take of :

| | | | |
|---|---|---|---|
| 1 | Posth-e-Khashkhash. | 11 | units. |
| 2 | Munakkha .. .. | $1\frac{1}{4}$ | ,, |
| 3 | Asal-e-Soos .. | $1\frac{1}{4}$ | ,, |
| 4 | Banafsha .. .. | $\frac{3}{4}$ | unit. |
| 5 | Khash Khash .. | $\frac{3}{4}$ | ,, |
| 6 | Usthakhudus .. | $\frac{3}{4}$ | ,, |
| 7 | Maghz-e-Badam .. | $\frac{3}{4}$ | ,, |
| 8 | Tukhm-e-Khathmi ... | $\frac{3}{4}$ | ,, |
| 9 | Gauzuban .. .. | $\frac{3}{4}$ | ,, |
| 10 | Bihidana .. .. | $\frac{3}{4}$ | ,, |
| 11 | Tukhm-e-Kathan .. | $\frac{3}{4}$ | ,, |
| 12 | Parsiavoshan .. | $\frac{3}{4}$ | ,, |
| 13 | Badiyan .. | $\frac{3}{4}$ | ,, |
| 14 | Nishasta .. .. | $\frac{1}{2}$ | ,, |
| 15 | Samagh-e-Arabi .. | $\frac{1}{2}$ | ,, |
| 16 | Kathira .. .. | $\frac{1}{2}$ | ,, |
| 17 | Anjeer .. .. | 7 | units. |
| 18 | Unnab .. .. | 11 | ,, |
| 19 | Sapishtan .. .. | 21 | ,, |
| 20 | Sugarcandy .. | 15 | palams. |

Grind Nos. 2, 7, 11 and 17 to a paste. Powder Nos. 1, 3 to 6, 8, 9 and 12 to 16—each separately. Prepare the Khivam of No. 20 with the extract of Nos. 10, 18 and 19, add all the powders and mix well.

*Dose* : 1 to 2 tolas, twice a day.
*Indications* : Chronic dry coughs.

## SECTION XIV.

### MAJOON.

### PREPARATION OF MAJOON.

*Majoon* are confections or soft preparations of drugs made into a paste with sugar or honey, to give them a pleasant and agreeable taste and to preserve them. Usually the quantity of sugar, sugar candy or honey present in a Majoon should be three times the weight of all the drugs. In case, honey is to be used in the preparation, some water should be added and the Khivam prepared. If dry fruits and nuts are present in the formula, they should be made into a soft mass and should be added before the preparation of Khivam. If minerals are used in the *Majoon*, they should be finely powdered by grinding with a suitable Arakh and added at the end.

If gold and silver leaves are to be added to the preparation they should be added in the end one by one mixing it well with the confection.

**145. Majoon-e-Aswad.** (Kharabadeen-e-Azam.)

Take of :

| | | |
|---|---|---|
| 1 Afyun | .. .. | 1 tola each. |
| 2 Junda-be-Dasthur | .. | |
| 3 Maseeya Sadama | .. | |
| 4 Bazur-ul-Banj | .. | |
| 5 Safron | .. .. | |
| 6 Mur-Makkhi | .. | |
| 7 Asaroon | .. .. | |
| 8 Karafas | .. .. | |
| 9 Saleekha | .. .. | |

Take of—*cont.*

| | | | |
|---|---|---|---|
| 10 | Gil-e-Armani | .. | 1 tola each. |
| 11 | Gulnar | .. .. | |
| 12 | Kundur | .. .. | |
| 13 | Honey | .. .. | Quantity sufficient. |

Grind Nos. 1 to 12 to a smooth paste with water each separately. Prepare the Khivam of No. 13, add the paste and mix well.

*Dose*: $\frac{1}{8}$ to $\frac{1}{4}$ tola, B.D.

*Indications*: Chronic diarrhœas and dysenteries.

**146. Majoon-e-Azarakhi.** (Kharabadeen-e-Jadeed.)

Take of:

| | | | |
|---|---|---|---|
| 1 | Azarakhi Mudabbir | .. | 3 tolas. |
| 2 | Gul-e-Gauzuban | .. | 3 ,, |
| 3 | Katheera | .. | 3 ,, |
| 4 | Maghz-e-Narjeel | .. | 3 ,, |
| 5 | Usthakhudus | .. | 3 ,, |
| 6 | Maghz-e-Chalgoza | .. | 3 ,, |
| 7 | Shakhakhul Misri | .. | 3 ,, |
| 8 | Heelbuva | .. .. | 1 tola. |
| 9 | Ood-e-Hindi | .. .. | 1 ,, |
| 10 | Zaranbad | .. .. | 3 tolas. |
| 11 | Sandal-e-Sufeed | .. | 1 tola. |
| 12 | Kharanfal | .. | 1 ,, |
| 13 | Amila | .. .. | 5 tolas. |
| 14 | Haleel-e-Siyah | .. | 5 ,, |
| 15 | Honey | .. | 40 palams. |

Soak No. 1 in milk over night, boil, remove the seed and dry. Powder Nos. 1, 2, 5 and 7 to 14. Grind No. 3 (after roasting in ghee) Nos. 4

and 6 to a smooth paste with water. Prepare the Khivam of No. 15, add the paste and the powders and mix well.

*Dose :* ½ to ¼ tola, twice a day.

*Indications :* Neurasthenia, anæmia, etc.

**147. Majoon-e-Falakseer.** (Biaz-e-Kabir, Vo. II.)

Take of :

| | | |
|---|---|---|
| 1 | Moghz-e-Badam-e-Sheerin. | .. ½ tola. |
| 2 | Moghz-e-Findakh | .. ½ ,, |
| 3 | Moghz-e-Chalgoza | .. ½ ,, |
| 4 | Moghz-e-Akhrote | .. ½ ,, |
| 5 | Moghz-e-Kaddu | .. ½ ,, |
| 6 | Moghz-e-Kahu | .. .. ½ ,, |
| 7 | Afyun | .. .. .. ½ ,, |
| 8 | Bhang | .. .. .. ½ ,, |
| 9 | Jayefal | .. .. .. ⅓ ,, |
| 10 | Bisbasa | .. .. .. ⅓ ,, |
| 11 | Mishk | .. .. .. ⅓ ,, |
| 12 | Amber | .. .. .. 1/16 ,, |
| 13 | Sugar | .. .. .. Quantity sufficient. |

Grind Nos. 1 to 12 to a soft paste with water each separately. Prepare the Khivam of No. 13, add the paste and mix well.

*Dose :* ⅙ to ¼ tola, two times a day.

*Indications :* Ejaculatio Praecox, impotency and sexual weakness.

**148. Majoon-e-Falasifa.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Zanjabeel | 2 tolas each. |
| 2 | Filfil-e-Siyah | 2 tolas each. |
| 3 | Dar-e-Filfil | 2 tolas each. |
| 4 | Darchini | 2 tolas each. |
| 5 | Amila | 2 tolas each. |
| 6 | Posth-e-Baleela | 2 tolas each. |
| 7 | Sheethraj Hindi | 2 tolas each. |
| 8 | Zaravend Mudharij | 2 tolas each. |
| 9 | Salab Misri | 2 tolas each. |
| 10 | Maghz-e-Chalgoza | 2 tolas each. |
| 11 | Beekh-e-Babuna | 2 tolas each. |
| 12 | Maghz-e-Narjeel | 2 tolas each. |
| 13 | Gul-e-Babuna | 1 tola. |
| 14 | Munakkha | 6 tolas. |
| 15 | Honey | 31 ,, |

Powder Nos. 1 to 8, 11 and 13. Grind Nos. 9, 10, 12 and 14 to a paste with water, each separately. Prepare the Khivam of No. 15. Add the pastes and the powders and mix well.

*Dose* : $\frac{1}{2}$ to 1 tola, twice a day with milk.
*Indications* : Diabetes, hypertension (relief of symptoms), paralysis, nervous debility, etc.

**149. Majoon-e-Hamal Ambari Alvi Khanwala.**
(Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Amber | $\frac{1}{8}$ tola. |
| 2 | Mervareed | $\frac{3}{4}$ ,, |
| 3 | Kaheruba | $\frac{3}{4}$ ,, |
| 4 | Busud | $\frac{3}{4}$ ,, |
| 5 | Sandal-e-Surkh | $\frac{3}{4}$ ,, |
| 6 | Sandal-e-Sufeed | $\frac{3}{4}$ ,, |
| 7 | Thabasheer | $\frac{3}{4}$ ,, |

Take of—*cont.*

| | | |
|---|---|---|
| 8 | Mazu | $\frac{3}{4}$ tola. |
| 9 | Darunaj Akhrabi | $\frac{3}{4}$ ,, |
| 10 | Ood-e-Salib | $\frac{3}{4}$ ,, |
| 11 | Abraisham | $\frac{3}{4}$ ,, |
| 12 | Beek-e-Anjibar | $\frac{3}{4}$ ,, |
| 13 | Gil-e-Armani | $\frac{3}{4}$ ,, |
| 14 | Magz-e-Tukhm-e-Tharbuz. | $1\frac{1}{2}$ tolas. |
| 15 | Tukhm-e-Khurfa | $1\frac{1}{2}$ ,, |
| 16 | Verkh-e-Nukhra | 60 Nos. |
| 17 | Verkh-e-Thila | 60 ,, |
| 18 | Honey | 9 tolas. |
| 19 | Sheera-e-Angoor Thurush. | 3 oz. |
| 20 | Sugar candy | 30 tolas. |

Powder Nos. 5, 6, 8, 9, 10, 12 and 15 in a pounder. Grind Nos. 1 to 4, 7, 13 and 14 each separately with water. To the decoction of No. 11 add Nos. 18, 19 and 20 and boil to consistency adding No. 14. Add all the powders and mix well. Finally add Nos. 16 and 17 and mix well.

*Dose* : $\frac{1}{2}$ tola, twice a day.
*Indications* : Abortion (threatened, or habitual) and sterility in the female.

**150. Majoon-e-Junthiyana.** (Maghzan-ul-Mura-kabath.)

Take of :

| | | |
|---|---|---|
| 1 | Junthiyana | 2 tolas each. |
| 2 | Filfil-e-Siyah | |
| 3 | Sazij Hindi | |
| 4 | Sumbullatheeb | |
| 5 | Raivendchini | |
| 6 | Khust | |
| 7 | Honey | 12 palams. |

Powder Nos. 1 to 6. Prepare the Khivam of No. 7, add all the powders and mix well.

*Dose* : ½ to 1 tola, twice a day.

*Indications* : Enlargement of the spleen, kala-azar and malaria.

**151. Majoon-e-Khabsul Hadeed.** (Maghzan-ul-Murakabath.)

Take of :

| | | |
|---|---|---|
| 1 | Thukhm-e-Humaz | 2 palams each. |
| 2 | Habul-Aas | |
| 3 | Haleela-e-Siyah | |
| 4 | Thabasheer | |
| 5 | Amila | |
| 6 | Ilachi Khurd | |
| 7 | Posth-e-Bairoon-e Pistha. | |
| 8 | Khabsul Hadeed | |
| 9 | Honey | 16 palams. |

Powder Nos. 1 to 8 in a pounder each separately. Prepare the Khivam of No. 9, add all the powders, mix well and preserve.

*Dose* : ½ to 1 tola, twice a day.

*Indications* : Anæmias and chronic fevers.

**152. Majoon-e-Mayeeah.** (Kharabadeen-e-Khaderi.)

Take of :

| | | |
|---|---|---|
| 1 | Mayeeah Sayeela | Equal quantity. |
| 2 | Junda-be-Dasthur | |
| 3 | Afyun | |
| 4 | Asaroon | |
| 5 | Bazsur-ul-Banj | |

Take of—*cont.*

| | | |
|---|---|---|
| 6 Siyah Mirsafi .. | .. | Equal quantity. |
| 7 Kundur .. | .. | |
| 8 Honey .. | .. | .. Quantity sufficient. |

Grind Nos. 1 to 7 in a stone mortar to a smooth paste. Prepare the Khivam of No. 8 with the addition of the paste, mix well and preserve.

*Dose*: $\frac{1}{8}$ to $\frac{1}{4}$ tola, twice a day.

*Indications*: Chronic diarrhœa and dysentery.

**153. Majoon-e-Mukhrrij-e-Deedan.** (Hospital Pharmacopœia.)

| | |
|---|---|
| 1 Maghz-e-Pallaspapda .. | 1 palam. |
| 2 Gul-khand .. .. | 3 palams. |

Soak No. 1 in water and remove the outer skin. Grind Nos. 1 with 2 to a soft paste. Put it in a jar, cover it with a muslin, and keep in the sun till it becomes dry.

*Dose*: $\frac{1}{2}$ to 1 tola, twice a day to be followed by a purgative after three days.

*Indications*: Intestinal worms and helmenthiasis.

**154. Majoon-e-Najjah.** (Kharabadeen-e-Jadeed.)

Take of:

| | |
|---|---|
| 1 Posth-e-Haleela-e-Zard. | 5 tolas. |
| 2 Posth-e-Haleela-e-Kabuli. | 5 ,, |
| 3 Haleela-e-Siyah .. | 5 ,, |
| 4 Posth-e-Baleela .. | 5 ,, |
| 5 Amila .. .. .. | 5 ,, |

Take of—*cont.*

| | | | |
|---|---|---|---|
| 6 | Bisfaej .. | .. .. | $2\frac{1}{2}$ tolas. |
| 7 | Afthimoon | .. .. | $2\frac{1}{2}$ ,, |
| 8 | Usthakhudus | .. .. | $2\frac{1}{2}$ ,, |
| 9 | Turbud .. | .. .. | $2\frac{1}{2}$ ,, |
| 10 | Honey .. | .. .. | 35 palams. |

Powder Nos. 1 to 9 in a pounder. Prepare the Khivam of No. 10, add all the powders and mix well.

*Dose* : $\frac{1}{2}$ to 1 tola, twice a day.
*Indications* : Hysteria, insanity, mania, depressive melancholia and dementia præcox.

**155. Majoon-e-Sanader-e-Theos.** (Kharabadeen-e-Khaderi.)

Take of :

| | | | |
|---|---|---|---|
| 1 | Raivendchini | .. | 4 tolas. |
| 2 | Ood-e-Balsan | .. | $\frac{1}{2}$ tola. |
| 3 | Ferfiyun | .. .. | $\frac{1}{2}$ ,, |
| 4 | Filfil-e-Siyah | .. .. | $\frac{1}{2}$ ,, |
| 5 | Filfil-e-Sufeed | .. | $\frac{1}{2}$ ,, |
| 6 | Darfilfil | .. .. | $\frac{1}{2}$ ,, |
| 7 | Munakkha | .. .. | $\frac{1}{2}$ ,, |
| 8 | Hab-e-Balsan | .. .. | $\frac{1}{2}$ ,, |
| 9 | Junthayana | .. .. | $\frac{1}{2}$ ,, |
| 10 | Fukha-e-Azkher | .. | $\frac{1}{2}$ ,, |
| 11 | Hamama | .. .. | $\frac{1}{2}$ ,, |
| 12 | Safron | .. .. | $\frac{3}{4}$ ,, |
| 13 | Darchini | .. .. | $\frac{3}{4}$ ,, |
| 14 | Vaj Turkei | .. .. | $\frac{3}{4}$ ,, |
| 15 | Masthagi Roomi | .. | $\frac{3}{4}$ ,, |
| 16 | Raivendchini | .. | $\frac{3}{4}$ ,, |
| 17 | Sumbullatheeb | .. | $\frac{3}{4}$ ,, |
| 18 | Kamazrious | .. .. | 1 ,, |

Take of—*cont.*

| | | |
|---|---|---|
| 19 | Khust | 1 tola. |
| 20 | Afthimoon | 1 ,, |
| 21 | Asaroon | 1 ,, |
| 22 | Salikha | $1\frac{1}{2}$ tolas. |
| 23 | Sakhmonia | $1\frac{1}{2}$ ,, |
| 24 | Sibr | 4 ,, |
| 25 | Gharikhoon | 5 ,, |
| 26 | Honey | 30 palams. |

Powder Nos. 1 to 6 and 8 to 24 in a pounder each separately. Grind No. 7 to a paste. Prepare the Khivam of No. 26 adding No. 7, add all the powders and mix well.

*Dose* : $\frac{1}{4}$ to $\frac{1}{2}$ tola, twice a day.

*Indications* : Paralysis and obesity. In all balghami affections.

**156. Majoon-e-Sanghadana-e-Murgh.** (Kharaba-deen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 | Sanghadan-e-Murgh | $\frac{3}{4}$ tola. |
| 2 | Thabasheer | $\frac{3}{4}$ ,, |
| 3 | Pudina | $\frac{1}{2}$ ,, |
| 4 | Posth-e-Bairoon-e-Pistha | $\frac{1}{2}$ ,, |
| 5 | Posth-e-Turanj | $\frac{1}{2}$ ,, |
| 6 | Posth-e-Haleela-e-Zard | $\frac{1}{2}$ ,, |
| 7 | Gul-e-Surkh | 1 ,, |
| 8 | Bahman-e-Sufeed | $\frac{3}{4}$ ,, |
| 9 | Bahman-e-Surkh | $\frac{3}{4}$ ,, |
| 10 | Sandal-e-Sufeed | $\frac{3}{4}$ ,, |
| 11 | Sandal-e-Surkh | $\frac{3}{4}$ ,, |
| 12 | Saather Farsi | $\frac{3}{4}$ ,, |
| 13 | Kishneez | $\frac{3}{4}$ ,, |
| 14 | Habbul Aas | $\frac{3}{4}$ ,, |
| 15 | Honey | 10 palams. |

Make fine powder of Nos. 1 to 14 in a pounder. Prepare the Khivam of No. 15, add all the powders, mix well and preserve.

*Dose*: $\frac{1}{2}$ to 1 tola, twice a day.

*Indications*: Sprue, Coeliac disease and hepatic disorders.

**157. Majoon-e-Seer.** (Kharabadeen-e-Jadeed.)

Take of:

| | | | |
|---|---|---|---|
| 1 | Seer .. .. .. | 20 | tolas. |
| 2 | Honey .. .. .. | 25 | palams. |
| 3 | Sheer-e-Gow .. .. | 5 | oz. |
| 4 | Roghan-e-Gow .. .. | 5 | ,, |
| 5 | Kharanfal .. .. | 2 | tolas. |
| 6 | Jozbuva .. .. .. | 2 | ,, |
| 7 | Filfil-e-Siyah .. .. | 2 | ,, |
| 8 | Bisbasa .. .. .. | 2 | ,, |
| 9 | Masthagi .. .. | 2 | ,, |
| 10 | Khakhila .. .. | 2 | ,, |
| 11 | Kababa .. .. .. | 2 | ,, |
| 12 | Singhaa .. .. .. | 2 | ,, |
| 13 | Haleela-e-Kabuli Posth | 2 | ,, |
| 14 | Darchini. .. .. | 2 | ,, |
| 15 | Zanjabeel .. .. | 2 | ,, |
| 16 | Ood-e-Kham .. .. | $1\frac{1}{2}$ | ,, |
| 17 | Safron .. .. | $1\frac{1}{2}$ | ,, |

Powder Nos. 5 to 16 in a pounder, each separately. Add Nos. 2 and 3 to the juice of No. 1 and boil to consistency. Finally add No. 4 and all the powders, and mix well.

*Dose*: $\frac{1}{4}$ to $\frac{1}{2}$ tola, twice a day.

*Indications*: Chronic ulcers and pulmonary tuberculosis.

**158. Majoon-e-Supari Pak. (Ilaj-ul-Amraz)**

Take of :

| | | |
|---|---|---|
| 1 | Majeet .. .. .. | $1\frac{1}{4}$ tolas. |
| 2 | Supari .. .. .. | $2\frac{1}{2}$ ,, |
| 3 | Chooharay .. .. | $2\frac{1}{2}$ ,, |
| 4 | Milk .. .. .. | 10 oz. |
| 5 | Samagh-e-Arabi .. .. | $2\frac{1}{2}$ tolas. |
| 6 | Nishastha .. .. | $2\frac{1}{2}$ ,, |
| 7 | Maghz-e-Badam .. .. | 5 ,, |
| 8 | Roghan-e-Zard .. .. | 5 oz. |
| 9 | Sugar .. .. .. | 25 palams. |
| 10 | Khar-e-Khushk .. .. | 5 tolas. |
| 11 | Cheena gond .. .. | $2\frac{1}{2}$ ,, |
| 12 | Narjeel .. .. .. | $2\frac{1}{2}$ ,, |
| 13 | Salab Misri .. .. | $\frac{1}{2}$ tola. |
| 14 | Darchini .. .. .. | $\frac{1}{2}$ ,, |
| 15 | Kharanfal .. .. | $\frac{1}{2}$ ,, |
| 16 | Ilachi Khurd .. .. | $\frac{1}{2}$ ,, |
| 17 | Zanjabeel .. .. | $\frac{1}{2}$ ,, |
| 18 | Gul-e-Pistha .. .. | $\frac{1}{4}$ ,, |
| 19 | Gul-e-Supari .. .. | $\frac{1}{4}$ ,, |
| 20 | Jozbuva .. .. .. | $\frac{1}{2}$ ,, |
| 21 | Chal-e-Kachnal .. .. | $\frac{1}{4}$ ,, |
| 22 | Chal-e-Keeker .. .. | $\frac{1}{4}$ ,, |
| 23 | Chal-e-Sankaholi .. | $\frac{1}{4}$ ,, |
| 24 | Safron .. .. .. | $\frac{1}{4}$ ,, |
| 25 | Mishk .. .. .. | $\frac{1}{8}$ ,, |

Powder Nos. 1, 2, 5, 6, 10, 11 and 14 to 24 in a pounder. Grind Nos. 3 and 13 in 4 to a paste. Grind Nos. 7, 12 and 25 to a soft mass. Prepare the Khivam of No. 9 with the pastes, add No. 8, all the powders and mix well.

*Dose* : ¼ to ¾ tola, twice a day.
*Indications* : Leucorrhoea and all uterine disorders.

**159. Majoon-e-Surinjan.** (Hospital Pharmacopœia.)

Take of:

| | | |
|---|---|---|
| 1 | Surinjan Sheereen .. | 3 tolas. |
| 2 | Masthagi .. .. .. | 1½ ,, |
| 3 | Gul-Khand .. .. | 12 ,, |
| 4 | Berg-e-Sana .. .. | 3 ,, |

Powder Nos. 1, 2 and 4, each separately. Grind No. 3 to a soft paste. Add the powders, and mix well.

*Dose* : ½ to ½ tola, twice a day.
*Indications* : Rheumatic fever, gout and rheumatoid arthritis.

**160. Majoon-e-Ushba.** (Maghzan-ul-Murakabath.)

Take of:

| | | |
|---|---|---|
| 1 | Badiyan .. .. .. | 2 tolas. |
| 2 | Sandal-e-Sufeed .. .. | 2 ,, |
| 3 | Bisfaej .. .. .. | 6 ,, |
| 4 | Berg-e-Sana .. .. | 6 ,, |
| 5 | Ushba .. .. .. | 16 ,, |
| 6 | Honey .. .. .. | 24 ,, |
| 7 | Sugar candy .. .. | 48 ,, |

Powder Nos. 1 to 5. Mix Nos. 6 and 7 and boil to consistency. Add all the powders and mix well.

*Dose* : ½ to 1 tola, twice a day.

*Indications* : Boils, scabies, urticaria, infected wounds, etc.

**161. Majoon-e-Zeekh.** (Hospital Pharmacopœia.)

Take of :

| | | |
|---|---|---|
| 1 | Chillbeenj .. .. | 5 palams. |
| 2 | Honey .. .. .. | 15 ,, |

Grind No. 1 in 2 and preserve.

*Dose* : ½ to 1 tola, two or three times a day.

*Indications* : Bronchial asthma and whooping cough.

**162. Majoon-e-Ziabethus.** (Hospital Pharmacopœia.)

Take of :

| | | |
|---|---|---|
| 1 | Zanjabeel .. .. | 1 tola. |
| 2 | Darchini .. .. | 1 ,, |
| 3 | Kharanfal .. .. | 1 ,, |
| 4 | Khulanjan .. .. | 1 ,, |
| 5 | Kababa .. .. .. | 1 ,, |
| 6 | Akherkherha .. .. | 1 ,, |
| 7 | Amila .. .. .. | 1 ,, |
| 8 | Jozbuva .. .. .. | 1 ,, |
| 9 | Ambahaldi .. .. | 1 ,, |
| 10 | Afyun .. .. .. | ½ ,, |
| 11 | Honey .. .. .. | 10 palams. |

Powder Nos. 1 to 9 in a pounder, and grind No. 10 to a paste. Prepare the Khivam of No. 11, add all the ingredients and mix well.

*Dose* : ½ to ¼ tola, twice a day.

*Indications* : Diabetes mellitus.

**163. Majoon-e-Zoofa.** (Maghzan-ul-Murakabath.)

Take of:

| | | |
|---|---|---|
| 1 Khird Mana | .. .. | 1½ tolas. |
| 2 Filfil-e-Siyah | .. .. | 1½ ,, |
| 3 Maghz-e-Badam Talkh | .. | 1 tola. |
| 4 Zeravand Mudharij | .. | 2 tolas. |
| 5 Tukhm-e-Anjara | .. | 2 ,, |
| 6 Rub-e-Soos | .. .. | 4 ,, |
| 7 Zoofa | .. .. .. | 4 ,, |
| 8 Parsiavoshan | .. .. | 4 ,, |
| 9 Honey | .. .. .. | 21 palams. |

Powder Nos. 1, 2 and 4 to 8. Grind No. 3 to a soft paste. Prepare the Khivam of No. 9 adding No. 3. Add all the powders, and mix well.

*Dose*: ¼ to 1 tola, twice a day.
*Indications*: Chronic bronchitis, coryza and bronchiectasis.

## SECTION XV.

### MERHAM.

*Merham* or ointment contains fats or vegetable oils in addition to medicinal drugs and is used only externally.

The drugs are made into fine powder and added to the base (oil or fat) and mixed well.

**164. Merham-e-Aathishak.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 Dam-ul-Akhvain | .. | ¼ tola. |
| 2 Raskapur | .. .. | ½ ,, |
| 3 Murdar Sing (purified) | .. | ½ ,, |
| 4 Roghan-e-Zard | .. .. | Quantity sufficient. |

Powder No. 1. Put Nos. 2 and 3 in a mortar and powder. Add No. 1 and small quantities of No. 4 and grind till it becomes an ointment.

For external application only.

*Indications* : Soft chancre and pustular rashes.

**165. Merham-e-Dakhyl-e-Yun.** (Kharabadeen-e-Jadeed.)

Take of:

| | | | |
|---|---|---|---|
| 1 | Murdar sing (purified) | .. | 5 tolas. |
| 2 | Roghan-e-Zaithoon | .. | 10 ,, |
| 3 | Tukhm-e-Khathmi | .. | 2 ,, |
| 4 | Isapaghol .. | .. | 2 ,, |
| 5 | Tukhm-e-Maru .. | .. | 2 ,, |
| 6 | Hulba .. | .. | 2 ,, |
| 7 | Tukhm-e-Kathan | .. | 2 ,, |

Grind No. 1 in the juice of No. 5. Powder Nos. 2, 3 and 4 each separately. Finally add all the powders to the paste and grind well.

For external use only.

*Indications* : Anal fissure and chronic ulcers.

**166. Merham-e-Kafoori.** (Kharabadeen-e-Jadeed.)

Take of:

| | | | |
|---|---|---|---|
| 1 | Baladur .. .. | .. | 9 Nos. |
| 2 | Kafoor Sada .. | .. | 4 tolas. |
| 3 | Ood-e-Loban .. | .. | 4 ,, |
| 4 | Khath Sufeed .. | .. | 4 ,, |
| 5 | Lemoon .. .. | .. | 2 Nos. |

Grind No. 1 in the juice of No. 5. Powder Nos. 2, 3 and 4, each separately. Add all the powders to the paste and grind well.

For external use only to be applied on a piece of lint or cloth.

*Indications* : Psoriasis and warts.

**167. Merham-e-Raal.** (Kharabadeen-e-Jadeed.)

Take of:

| | | | |
|---|---|---|---|
| 1 Kafoor Khaisori | | .. | 2 tolas. |
| 2 Raal Sufeed | .. | .. | 2 ,, |
| 3 Khath Sufeed | .. | .. | 2 ,, |
| 4 Mom Sufeed | .. | .. | 2 ,, |
| 5 Ghee | .. | .. | 10 ,, |

Powder No. 3. Boil No. 5, add Nos. 2, 3 and 4, mix well. Add No. 1 when cool, and mix well.

For external use only to be applied on a piece of cloth.

*Indications*: Infected wounds.

**168. Merham-e-Seemab.** (Maghzan-ul-Murakabath.)

Take of:

| | | | |
|---|---|---|---|
| 1 Saindoor | .. | .. | $1\frac{1}{2}$ tolas. |
| 2 Murdar sing (purified) | | .. | $1\frac{1}{2}$ ,, |
| 3 Seemab .. | .. | .. | $1\frac{1}{2}$ ,, |
| 4 Raskapur | .. | .. | $\frac{1}{2}$ tola. |
| 5 Sufeeda .. | .. | .. | $\frac{1}{2}$ ,, |
| 6 Khath Sufeed | .. | .. | $\frac{1}{2}$ ,, |
| 7 Neela Toota | .. | .. | $\frac{1}{4}$ ,, |
| 8 Butter .. | .. | .. | 10 tolas. |

Make fine powder of Nos. 1 to 7, add No. 8 and mix well.

For external application only.

*Indications*: Chronic ulcers and infected wounds.

## SECTION XVI.

### MUFERRAH.

### PREPARATION OF MUFERRAH.

It is more or less on the lines of preparing 'Majoon'. '*Muferrah*' means a preparation which produces 'Ferhath', i.e., a sense of well-being and exhilaration.

**169. Muferrah-e-Ahmadi.** (Hospital Pharmacopœia.)

Take of :

| | | |
|---|---|---|
| 1 Thabasheer | .. .. | 2 tolas. |
| 2 Sandal-e-Sufeed | .. | 4 ,, |
| 3 Amila | .. .. .. | 4 ,, |
| 4 Gul-e-Surkh | .. .. | 8 ,, |
| 5 Kashneez | .. .. | 8 ,, |
| 6 Sugar | .. .. .. | 35 palams. |

Powder Nos. 1 to 5, each separately. Prepare the Khivam of No. 6, add all the powders and mix well.

*Dose* : 1 to 2 tolas, twice a day.
*Indications* : Gastric and duodenal ulcer, gastritis, ulcerative colitis, palpitation of heart.

**170. Muferrah-e-Azam Sada.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 Bahman-e-Sufeed | .. | $\frac{1}{2}$ tola. |
| 2 Bahman-e-Surkh | .. | $\frac{1}{2}$ ,, |
| 3 Balchar | .. .. .. | $\frac{1}{2}$ ,, |
| 4 Khurfa | .. .. .. | $\frac{1}{2}$ ,, |
| 5 Ilachi Kalan | .. .. | $\frac{1}{2}$ ,, |
| 6 Ilachi Khurd | .. .. | $\frac{1}{2}$ ,, |
| 7 Gil-e-Armani | .. .. | $\frac{1}{2}$ ,, |
| 8 Gil-e-Makhthoom | .. | $\frac{1}{2}$ ,, |

Take of—*cont.*

| | | |
|---|---|---|
| 9 | Safron .. .. .. | ½ tola. |
| 10 | Jadvar Khatha-yee .. | ½ |
| 11 | Kaheruba .. .. | 1¼ ,, |
| 12 | Kabab Chini .. .. | 1¼ ,, |
| 13 | Narmisk .. .. | 1¼ ,, |
| 14 | Darunaj .. .. | 1¼ ,, |
| 15 | Narkachoor .. .. | 1¼ ,, |
| 16 | Sandal-e-Sufeed .. | 1¼ ,, |
| 17 | Sandal-e-Surkh .. | 1¼ ,, |
| 18 | Kashneez .. .. | 1¼ ,, |
| 19 | Fad Zaher Haivani .. | 1¼ ,, |
| 20 | Gauzuban .. .. | 3 tolas. |
| 21 | Posth-e-Haleela-e-zard. | 2 ,, |
| 22 | Uthraj .. .. .. | 2 ,, |
| 23 | Thabsheer .. .. | 2 ,, |
| 24 | Abraisham .. .. | 2 ,, |
| 25 | Badranjboya .. .. | 3½ ,, |
| 26 | Aab-e-Bihi .. .. | 6 ounces. |
| 27 | Aab-e-Annar Shireen .. | 6 ,, |
| 28 | Gulab (Arkh) .. .. | 6 ,, |
| 29 | Arkh-e-Gauzuban .. | 6 ,, |
| 30 | Arkh-e-Sandal .. | 6 ,, |
| 31 | Sugarcandy .. .. | 25 palams. |
| 32 | Honey .. .. .. | 15 ,, |

Powder Nos. 1 to 9, 12 to 22 and 25. Grind Nos. 10, 11 and 23 with 28. Prepare the decoction of No. 24 with Nos. 29 and 30 and prepare the Khivam, adding Nos. 26, 27, 31 and 32. Finally add all the powders, mix well and preserve.

*Dose* : ¼ to ½ tola, two or three times a day.

*Indications* : Myocardial degeneration, rheumatism, myalgia, etc.,

**171. Muferrah-e-Azam Bajawahir.** (Kharabadeen-e-Jadeed.)

Take of:

| | | | |
|---|---|---|---|
| 1 | Shathra .. .. | 1 | tola. |
| 2 | Badranjboya .. .. | 1 | ,, |
| 3 | Gul-e-Gauzuban .. | 1 | ,, |
| 4 | Tambool .. .. | 1 | ,, |
| 5 | Bahman-e-Surkh .. | ½ | ,, |
| 6 | Bahman-e-Sufeed .. | ½ | ,, |
| 7 | Lajverd .. .. .. | ¼ | ,, |
| 8 | Amber .. .. .. | ¼ | ,, |
| 9 | Zaranbad .. .. | ¼ | ,, |
| 10 | Posth-e--Haleela-e-Kabuli. | ¼ | ,, |
| 11 | Abraisham .. .. | ¼ | ,, |
| 12 | Sandal-e-Sufeed .. | ¼ | ,, |
| 13 | Posth-e-Bairoon-e-Pistha. | ¼ | ,, |
| 14 | Dana-e-Heel .. .. | ¼ | ,, |
| 15 | Verkh-e-Thila .. | ¼ | ,, |
| 16 | Verkh-e-Nukhra .. | ¼ | ,, |
| 17 | Yakhooth .. .. | ¼ | ,, |
| 18 | Marjan .. .. .. | ⅛ | ,, |
| 19 | Mervareed .. .. | ⅛ | ,, |
| 20 | Kaheruba .. .. | ⅛ | ,, |
| 21 | Ood-e-Hindi .. .. | ¼ | ,, |
| 22 | Sugar, white .. .. | 20 | palams. |
| 23 | Aab-e-Seb .. .. | 1 | ounce. |
| 24 | Aab-e-Bihi .. .. | 1 | ,, |
| 25 | Gulab Arkh .. .. | 1 | ,, |
| 26 | Aab-e-Annar .. .. | 1 | ,, |
| 27 | Aab-e-Zarishk .. .. | 1 | ,, |
| 28 | Aab-e-Rebas .. .. | 1 | ,, |
| 29 | Thabasheer .. .. | ¼ | ,, |
| 30 | Gul-e-Makthoom .. | ¼ | ,, |
| 31 | Safran .. .. .. | ¼ | ,, |

Take of—*cont.*

| | | |
|---|---|---|
| 32 Darunaj | .. .. | ¼ ounce. |
| 33 Zarnab | .. .. | ¼ ,, |
| 34 Kababa | .. .. | ¼ ,, |

Make the decoction of No. 11, adding Nos. 23 to 28. Add sugar to the decoction and boil to consistency (khivam). Powder Nos. 1 to 7, 9, 10, 12 to 14, 21, 29 and 30 to 34—all put together. Powder Nos. 8 and 17 to 20—each separately. Add all the powders to the syrup (khivam), mix well and finally add Nos. 15 and 16.

*Dose*: ¼ to ½ tola, twice a day.
*Indications*: Myocardial degeneration, nervous debility, general weakness.

**172. Muferrah-e-Barid.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 Tukhm-e-Kahu | .. | 3 tolas. |
| 2 Maghz-e-Kherbuza | .. | 3 ,, |
| 3 Maghz-e-Kaddu | .. | 3 ,, |
| 4 Maghz-e-Khyar | .. | 3 ,, |
| 5 Tukhm-e-Khurfa | .. | 3 ,, |
| 6 Mervareed | .. .. | 1 tola. |
| 7 Busud Sokhtha | .. | 1 ,, |
| 8 Kaheruba | .. .. | 1 ,, |
| 9 Sarthan Nehri Sokhtha. | | 1 ,, |
| 10 Abraisham | .. .. | 1 ,, |
| 11 Sandal-e-Sufeed | .. | 2 tolas. |
| 12 Kafoor | .. .. | 1 tola. |
| 13 Sandal-e-Surkh | .. | 1 ,, |
| 14 Heelbuva | .. .. | 1 ,, |
| 15 Gul-e-Surkh | .. .. | 5 tolas. |
| 16 Thabasheer | .. .. | 2 ,, |
| 17 Ood-e-Hindi | .. .. | 1 tola. |

Take of—*cont.*

| | | |
|---|---|---|
| 18 Darunaj | .. .. | 1 tola. |
| 19 Zaranabad | .. .. | 1 ,, |
| 20 Bahman Sufeed | .. | 1 ,, |
| 21 Safron .. | .. .. | ¼ ,, |
| 22 Gauzuban | .. .. | 3 tolas. |
| 23 Mishk .. | .. .. | ½ tola. |
| 24 Amber | .. .. | ¼ ,, |
| 25 Murabb-e-Seb | .. | 14 palams. |
| 26 Aab-e-Anar | .. .. | 14 oz. |
| 27 Murabb-e-Bihi .. | .. | 14 palams. |
| 28 Honey .. | .. .. | 3 lb. |

Powder Nos. 1, 5, 7, 9, 11, 13 to 15 and 18 to 22. Grind Nos. 2 to 4, 6, 8, 12, 16, 17, 25, and 27 to a paste. Prepare the decoction of No. 10 and boil to consistency adding Nos. 23 24, 26 and 28. Finally add all the powders, mix well and preserve.

*Dose* : ¼ to ½ tola, twice a day.
*Indications* : Nervous irritability, cardiac neurosis and insomnia.

**173. Muferrah-e-Dilkusha.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 Bahman-e-Sufeed | .. | 2½ tolas. |
| 2 Bahman-e-Surkh | .. | 2½ ,, |
| 3 Posth-e-Haleela-e-Kabuli. | | 1 tola. |
| 4 Posth-e-Bairoon-e-Pistha. | | 1 ,, |
| 5 Posth-e-Turanj | .. | 1 ,, |
| 6 Abraisham | .. .. | 1 ,, |
| 7 Gauzuban | .. .. | 1½ tolas. |
| 8 Kisneez | .. .. | 1½ ,, |
| 9 Thabasheer | .. .. | 1½ ,, |
| 10 Busud .. | .. .. | ½ tola. |
| 11 Zaranbad | .. .. | ½ ,, |

Take of—*cont.*

| | | |
|---|---|---|
| 12 Kaheruba | .. .. | ½ tola. |
| 13 Verdeenaj | .. .. | ½ " |
| 14 Ood-e-Kham | .. .. | ½ " |
| 15 Aab-e-Annar | .. .. | 2 oz. |
| 16 Aab-e-Bihi | .. .. | 2 " |
| 17 Aab-e-Zarishk | .. .. | 2 " |
| 18 Banafsha | .. .. | 20 tolas. |
| 19 Sharab (Brandy) | .. | 7 ounces. |
| 20 Sugarcandy | .. .. | 17 palams. |

Powder Nos. 1 to 5, 7, 8 and 12 to 14. Grind Nos. 8 to 11 to a fine paste. Prepare the Khivam of No. 20 with No. 15 to 19. Add all the powders and mix well.

*Dose*: ½ to 1 tola, B. D.
*Indications*: Nervous debility, neurasthenia and insomnia.

## SECTION XVII.

### ROGHAN.

*Roghans* (oils) in the majority of cases are of vegetable origin as Almond, Linseed, Olive, Gingelly and Castor oils. In the Unani System of medicine, generally oils are not used internally and are intended solely for external use.

The above oils are bases and certain drugs are added to these and boiled till the moisture is evaporated. It is filtered and the medicated oil is used.

**174. Roghan-e-Azam.** (Maghzan-ul-Murakabath.)

Take of:

| | | |
|---|---|---|
| 1 Afsantheen | .. .. | 1 tola. |
| 2 Zard chobe | .. .. | 1 " |

Take of—*cont.*

| | | |
|---|---|---|
| 3 | Khusthe Talqh.. .. | 2 tolas. |
| 4 | Maghz-e-Badam Talqh- | 2 ,, |
| 5 | Ajwain .. .. | ½ tola. |
| 6 | Zanjabeel .. .. | ½ ,, |
| 7 | Asal-e-Soos .. .. | ½ ,, |
| 8 | Hing .. .. .. | ¼ ,, |
| 9 | Boora-e-Armani .. | ¼ ,, |
| 10 | Shaham Hanzal .. | ¼ ,, |
| 11 | Akherkherha .. .. | ¼ ,, |
| 12 | Piaz Sufeed .. .. | 4 tolas. |
| 13 | Aabe Berg-e-Sudab .. | 2 oz. |
| 14 | Aab-e-Merva .. .. | 2 ,, |
| 15 | Aab-e-Berg-e-Karela. | 2 ,, |
| 16 | Aab-e-Mulli .. .. | 2 ,, |
| 17 | Aab-e-Sudersan .. | 2 ,, |
| 18 | Sharab (brandy) .. | 2 ,, |
| 19 | Roghan-e-Kunjad .. | 20 palams. |

Soak Nos. 1 to 11 in sufficient quantity of cow's milk for a night. Next morning add this and other drugs and boil till the moisture evaporates and filter.

To be used as ear-drops.

*Indications* : Chronic otitis media.

**175. Roghan-e-Banafsha.** (Maghzan-ul-Murakka-bath.)

Take of :

| | | |
|---|---|---|
| 1 | Gul-e-Banafsha .. | 5 tolas. |
| 2 | Amila .. .. .. | 1 tola. |
| 3 | Parsiavoshan .. .. | 1 ,, |
| 4 | Khass .. .. .. | 1 ,, |
| 5 | Sandal-e-Sufeed .. | 1 ,, |
| 6 | Gingelly oil .. .. | 20 palams. |

Take the decoction of Nos. 1 to 5, add No. 6 and boil sufficiently.

For external use only.

*Indications* : Alopecia areata, insomnia.

**176. Roghan-e-Gul.** (Kharabadeen-e-Jadeed.)

Take of :

| | | | |
|---|---|---|---|
| 1 | Gul-e-Surkh (Fresh) | .. | 30 palams. |
| 2 | Gingelly oil .. | .. | $\frac{3}{4}$ viss. |

Soak No. 1 in No. 2 and keep it in the sun.

*Dose* : Quantity sufficient for external use only.
*Indications* : Chronic headache, rheumatoid arthritis, lumbago.

**177. Roghan-e-Hamam.** (Hospital Pharmacopœia.)

Take of :

| | | | |
|---|---|---|---|
| 1 | Posth-e-Haleela-e-Zard. | | 1 palam. |
| 2 | Posth-e-Baleela | .. | 1 ,, |
| 3 | Amila .. .. | .. | 2 palams. |
| 4 | Gingelly oil .. | .. | 20 ,, |

Take the decoction of Nos. 1 to 3, add No. 4 and boil sufficiently.

For external use only on the body and head.

*Indications* : Insomnia, neurasthenia, falling of hair, etc.

**178. Roghan-e-Khass.** (Hospital Pharmacopœia.)

Take of :

| | | | |
|---|---|---|---|
| 1 | Gingelly oil .. | .. | 40 palams. |
| 2 | Berg-e-Madar .. | .. | 5 tolas. |
| 3 | Berg-e-Dhatura .. | .. | 5 ,, |
| 4 | Berg-e-Baid Anjeer | .. | 5 ,, |
| 5 | Mome .. .. | .. | $7\frac{1}{2}$ ,, |
| 6 | Saindoor .. .. | .. | $7\frac{1}{2}$ ,, |
| 7 | Lak .. .. | .. | $2\frac{1}{2}$ ,, |

Powder Nos. 6 and 7. Take the juice of Nos. 2 to 4 and boil with the addition of Nos. 1 and 5. Filter when cooled and add the powder of Nos. 6 and 7.

For external use only.

*Indications* : Scabies, chancroid, rheumatoid arthritis.

**179. Roghan-e-Khusth.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Khusth Talqh .. .. | 8 tolas. |
| 2 | Balchar .. .. .. | 8 ,, |
| 3 | Gulab .. .. .. | 40 oz. |
| 4 | Jund Baidasthar .. | 4 tolas. |
| 5 | Filfil-e-Siyah .. .. | 4 ,, |
| 6 | Ferfiyun .. .. .. | 4 ,, |
| 7 | May-e-Sayeela .. .. | 4 ,, |
| 8 | Gingelly oil .. .. | 40 oz. |

Powder Nos. 4 to 7. Boil Nos. 1 and 2 with the addition of Nos. 3 and 8, add all the powders and mix well.

For external use only.

*Indications* : Paralysis, fibrositis.

**180. Roghan-e-Masthagi.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Masthagi .. .. | 20 tolas. |
| 2 | Gingelly oil .. .. | 30 palams. |

Boil the oil and keep down and add the powdered masthagi.

For external use only.

*Indications* : Eczema, Rheumatoid Artritis.

**181. Roghan-e-Mome.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Mome .. .. .. | 40 palams. |
| 2 | Namak-e-Shore .. | 120 ,, |

Place Nos. 1 and 2 in a 'Khera' and extract the Roghan as a distillate (as preparation of Arkh).

For external use only.

*Indications* : Arthritis-colds, Chilblains.

**182. Roghan-e-Sudab.** (Hospital Pharmacopœia.)

Take of :

| | | |
|---|---|---|
| 1 | Aab-e-Berg-e-Sudab .. | 20 oz. |
| 2 | Gingelly oil .. .. | 60 ,, |

Take the juice of No. 1 and boil it with No. 2 till the moisture evaporates.

For external use only.

*Indications* : Eczema, painful joints.

**183. Roghan-e-Zakham-e-Hayath.** (Hospital Pharmacopœia.)

Take of :

| | | |
|---|---|---|
| 1 | Gingelly oil .. .. | 40 palams. |
| 2 | Asal-e-Soos .. .. | 5 tolas. |
| 3 | Darhald .. .. | 5 ,, |
| 4 | Berg-e-neem (dry) .. | 5 ,, |
| 5 | Berg-e-Kanghi (dry) .. | 5 ,, |
| 6 | Dhuvansa .. .. | 5 ,, |
| 7 | Seer .. .. | 5 ,, |
| 8 | Mom .. .. | $1\frac{1}{4}$ ,, |
| 9 | Ustha Khan Gosfand .. | $1\frac{1}{4}$ ,, |
| 10 | Barood .. .. | $1\frac{1}{4}$ ,, |

Powder Nos. 2 to 7 and 10. Grind No. 8 to a paste. Boil No. 1 with the addition of Nos. 8, 9, 11, add all the powders and mix well.

For external use only.

*Indications*: Scabies, Chronic abscesses infected wounds, etc.,

## SECTION XVIII.

### RUB.

*Rub* is an extract of fresh fruits or flowers or flower-buds—boiled to consistency with the addition of sugar or sugarcandy. At times dried drugs are also used. Then, the drugs are soaked in water to make them soft and ground. The extract is taken and filtered. To this extract sugar or sugar candy is added and boiled to consistency. The consistency should be thicker than that of syrub.

**184. Rubb-e-Amila Sabz.** (Hospital Pharmacopœia.)

Take of:

| | | |
|---|---|---|
| 1 Amila Sabz | .. .. | 10 palams. |
| 2 Sugar | .. .. .. | 30 ,, |

Remove the seeds by powdering No. 1. Grind the pulp and extract the juice. Prepare Khivam and add the extract and boil.

*Dose*: 1 to 2 tolas, twice or thrice a day.
*Indications*: Hepatic diarrhœas, anæmia, cools the system.

## SECTION XIX.

### SAFOOF.

*Safoof* means powder. They are fine powders of dried drugs. They are powdered in

mortar with pestle or ground in stone mortar. and sieved. At times the powder is made by grinding with some liquid, when it is again dried and powdered.

**185. Safoof-e-Bukhar.** (Hospital Pharmacopœia.)

Take of:

| | | | |
|---|---|---|---|
| 1 | Posth-e-Khashkhash | .. | 1 palam. |
| 2 | Shib biryan | .. .. | 1 ,, |

Fry No. 1 and powder. Powder No. 2 and mix together.

*Dose*: 15 to 30 grs., twice a day with water.
*Indications*: Chronic colds, fever, etc.

**186. Safoof-e-Habsuddam.** (Hospital Pharmacopœia.)

Take of:

| | | | | |
|---|---|---|---|---|
| 1 | Sangh-e-jarahath | .. | 3 | tolas. |
| 2 | Gond Dhak | .. .. | 3 | ,, |
| 3 | Ma-een-kalan | .. .. | 1½ | ,, |
| 4 | Sadaf Sokhtha | .. .. | 1½ | ,, |
| 5 | Gil-e-Armani | .. .. | 1½ | ,, |
| 6 | Damul Akhvain | .. | 1½ | ,, |
| 7 | Gulnar | .. .. | 1½ | ,, |
| 8 | Sugarcandy | .. .. | 20 | ,, |

Powder Nos. 1 to 8–each separately and mix well.

*Dose*: 15 to 30 grs., twice or thrice a day with water.
*Indications*: Haemorrhages, epistaxis, haemetemesis, Haemoptysis.

**187. Safoof–e–Hazim.** (Hospital Pharmacopœia).

Take of:

| | | | | |
|---|---|---|---|---|
| 1 | Namak-e-Hazim | .. | 10 | tolas. |
| 2 | Ilachi | .. .. .. | 5 | ,, |
| 3 | Geru | .. .. .. | 5 | ,, |

Powder each separately and mix.

*Dose*: 15 to 20 grs., two or three times a day with water.
*Indications*: Dyspepsia.

**188. Safoof-e-Indri Jullab.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 Shora | .. .. | $\frac{1}{2}$ tola. |
| 2 Raivend Chini | .. | $\frac{1}{2}$ ,, |
| 3 Java Khar | .. .. | 1 ,, |
| 4 Sugarcandy | .. | 12 tolas. |

Powder Nos. 2 and 4, and grind Nos. 1 and 3. Mix well.

*Dose*: $\frac{1}{4}$ to $\frac{1}{2}$ tola, twice a day with lassi (sweet buttermilk.)
*Indications*: Cystitis.

**189. Safoof-e-Kasir-e-Reeh.** (Hospital Pharmacopœia.)

Take of:

| | | |
|---|---|---|
| 1 Zeera-e-Sufeed | .. .. | 10 tolas. |
| 2 Ajwain | .. .. | 7 ,, |
| 3 Namak-e-Siyah | .. | 4 ,, |
| 4 Filfil-e-Siyah | .. .. | 4 ,, |

Powder Nos. 1 to 4 and mix well.

*Dose*: $\frac{1}{4}$ to $\frac{1}{2}$ tola, twice a day with water.
*Indications*: Dyspepsia, flatulence. Increases appetite.

**190. Safoof-e-Khulanj.** (Hospital Pharmacopœia.)

Take of:

1 Bach
2 Namak-e-Siyah
3 Namak-e- Senda
4 Namak-e-Sounchar
5 Mamak-e- Samber

} 2 tolas each.

Take of—*cont.*

| | | |
|---|---|---|
| 6 Namak-e-Taam | .. | 2 tolas each. |
| 7 Namak-e-Indrani | .. | |
| 8 Lemoon (juice) | .. | 9 oz. |

Powder Nos. 1 to 7 and with the addition of No. 8, grind to a paste and dry. Place it in a mud pan, cover it with another and seal, subject it to fire of 10 cow-dung cakes. Remove when cool and grind to fine powder.

*Dose*: ¼ to ½ tola, twice a day.
*Indications*: Abdominal Colic and colitis.

**191. Safoof-e-Masana No. 1.** (Hospital Pharmacopœia.)

Take of:

| | | |
|---|---|---|
| 1 Gul-e-Surkh | .. .. | 2 tolas. |
| 2 Raivendchini | .. .. | 2 ,, |
| 3 Namak-e-Angoor | .. | 8 ,, |
| 4 Aneesoon | .. .. | 8 ,, |

Powder Nos. 1 to 4 each separately and mix well.

*Dose*: ¼ to ½ tola, two or three times a day with water.

*Indications*: Nephritis, cystitis, pyelitis.

**192. Safoof-e-Masana No. 2.** (Hospital Pharmacopœia.)

Take of:

| | | |
|---|---|---|
| 1 Kababa | .. | 1 tola each. |
| 2 Shoora-e-Khalmi | .. | |
| 3 Khath Sufeed | .. | |
| 4 Zeera-e-Sufeed | .. | |
| 5 Ilachi | .. | |
| 6 Maghz-e-Kavalgadda | .. | |
| 7 Tukhm-e-Khurfa | .. | |
| 8 Sath-e-Bahroza | .. | 2 tolas. |

Powder Nos. 1 to 8 each separately and mix well.

*Dose*: $\frac{1}{4}$ to $\frac{1}{2}$ tola, two or three times a day with water.
*Indications*: Nephrosis, pyelitis, cystitis.

**193. Safoof-e-Mufasil.** (Hospital Pharmacopœia).

Take of:

| | | |
|---|---|---|
| 1 | Surinjan Sheereen .. | 5 tolas. |
| 2 | Berge Sana .. .. | $3\frac{1}{2}$ ,, |
| 3 | Posthe-Haleel-e-Zard .. | $1\frac{1}{2}$ ,, |
| 4 | Maghz-e-Badam .. | $1\frac{1}{2}$ ,, |
| 5 | Safron .. .. .. | $\frac{1}{2}$ tola. |
| 6 | Sakhmonia .. .. | $\frac{3}{4}$ ,, |
| 7 | Turbud Sufeed .. | $2\frac{1}{2}$ tolas. |
| 8 | Sugarcandy .. .. | 5 palams. |

Powder Nos. 1 to 8 each separately and mix well.

*Dose*: $\frac{1}{4}$ to $\frac{1}{2}$ tola, twice a day with water.
*Indications*: Rheumatism, arthritis, gout and lumbago.

**194. Safoof-e-Mukhlyasa.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 | Alsi .. .. .. | 3 tolas. |
| 2 | Tukhm-e-Gandana .. | 3 ,, |
| 3 | Haleele Siyah .. .. | 3 ,, |
| 4 | Masthagi .. .. | $1\frac{1}{2}$ ,, |
| 5 | Tukhm-e-Jarjeer .. .. | $1\frac{1}{2}$ ,, |

Powder Nos. 1 to 5 each separately and mix well.

*Dose*: $\frac{1}{4}$ to $\frac{1}{2}$ tola, twice a day with water.
*Indications*: Chronic constipation and colitis.

### 195. Safoof-e-Namak-e-Sulaimani Khass.

(Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 | Namak-e-Samber .. | 18 tolas. |
| 2 | Namak-e-Lahoori .. | 9 ,, |
| 3 | Noushader .. .. | 9 ,, |
| 4 | Namak-e-Indrani .. | 9 ,, |
| 5 | Filfil-e-Siyah .. .. | 2 ,, |
| 6 | Azkher .. .. .. | 2 ,, |
| 7 | Tukhm-e-Karafas .. | 3 ,, |
| 8 | Filfil-e-Sufeed .. .. | 1 tola. |
| 9 | Balchar .. .. .. | 1 ,, |
| 10 | Hing .. .. .. | 1 ,, |
| 11 | Zeera Siyah .. .. | $\frac{1}{2}$ ,, |
| 12 | Darchini .. .. .. | $\frac{1}{2}$ ,, |
| 13 | Pudina Khushk .. .. | $\frac{1}{2}$ ,, |
| 14 | Zanjabeel .. .. | $\frac{1}{2}$ ,, |
| 15 | Aneesoon .. .. | $\frac{1}{2}$ ,, |
| 16 | Safron .. .. .. | $\frac{1}{2}$ ,, |

Powder Nos. 5 to 16 each separately. Grind Nos. 1 to 4, add all the powders and mix well.

*Dose*: $\frac{1}{4}$ tola, twice a day after food with water.
*Indications*: Anorexia and dyspepsia.

### 196. Safoof-e-Nanayee.

Take of:

| | | |
|---|---|---|
| 1 | Pudina Khushk .. .. | 3 tolas. |
| 2 | Samagh-e-Arabi .. .. | $1\frac{1}{2}$ ,, |
| 3 | Namak-e-Siyah .. .. | $1\frac{1}{2}$ ,, |
| 4 | Filfil-e-Siyah .. .. | $\frac{3}{4}$ tola. |

Powder Nos. 1 to 4 each separately and mix well.

*Dose*: $\frac{1}{4}$ to $\frac{1}{2}$ tola, twice a day with water.
*Indications*: Dyspepsia and flatulence.

**197. Safoof-e-Paichish.** (Hospital Pharmacopoeia).

Take of :

| | | |
|---|---|---|
| 1 Kaheruba .. .. | } | 1 palam each. |
| 2 Sadaf Sokhtha.. .. | | |
| 3 Kundur .. .. | | |
| 4 Habbul Aas (biryan) .. | | |
| 5 Khashkhash .. .. | | |
| 6 Saada Kufi .. .. | | |

Powder Nos. 4 to 6 after roasting in ghee. Grind Nos. 1 to 3—each separately, add all the powders and mix well.

*Dose* : $\frac{1}{4}$ to $\frac{1}{2}$ tola, twice a day with butter.
*Indications* : Chronic dysentery and colitis.

**198. Safoof-e-Sana.** (Maghzan-ul-Marakkabath.)

Take of :

| | | |
|---|---|---|
| 1 Berg-e-Sana .. | } | 5 tolas each. |
| 2 Zanjabeel .. | | |
| 3 Posth-e-Haleel-e-Zard .. | | |
| 4 Namak-e-Siyah .. | | |

Powder and mix well.

*Dose* : $\frac{1}{4}$ to $\frac{1}{2}$ tola, once or twice a day.
*Indications* : Chronic constipation.

**199. Safoof-e-Sanghdan-e-Murgh.** (Maghzan-ul-Murakabath.)

Take of :

| | | |
|---|---|---|
| 1 Ood .. .. | } | 1 palam each. |
| 2 Masthagi. .. .. | | |
| 3 Thabasheer. .. | | |
| 4 Habbul Aas. .. | | |
| 5 Samagh-e-Arabi .. | | |
| 6 Dana-Heel. .. | | |
| 7 Nishasta. .. | | |

Take of—*cont.*

| | | |
|---|---|---|
| 8 Zeer-e-Siyah | .. .. | 1 palam each. |
| 9 Posth-e-Bairoon-e-Pistha. | | |
| 10 Gulnar | .. .. | |
| 11 Sanghdana-e-Murgh | .. | |

Powder Nos. 1, 2, 4 to 6 and 8 to 11—each separately. Grind Nos. 3 and 7 in a mortar, add all the powders and mix well.

*Dose* : $\frac{1}{4}$ to $\frac{1}{2}$ tola, twice a day with water.
*Indications* : Sprue, anaemias and dyspepsia.

**200. Safoof-e-Sarthan.** (Maghzanu-l-Murakabath.)

Take of :

| | | |
|---|---|---|
| 1 Sarthan Sokhtha .. | .. | 10 palams. |
| 2 Samagh-e-Arabi .. | .. | 5 ,, |
| 3 Gil-e-Khersi .. | .. | 5 ,, |
| 4 Khashkhash Sufeed | .. | 5 ,, |
| 5 Khashkhash Siyah | .. | 5 ,, |
| 6 Katheera .. .. | .. | 3 ,, |

Powder Nos. 1 to 6 each separately and mix well.

*Dose* : $\frac{1}{4}$ to $\frac{1}{2}$ tola, twice a day with water.
*Indications* : Tubercular diarrhœas and tuberculosis.

**201. Safoof-e-Sozack.** (Hospital Pharmacopœia).

Take of :

| | | |
|---|---|---|
| 1 Nakhood Biryan .. | .. | 5 tolas. |
| 2 Sath-e-Bahroza .. | .. | 1 tola. |
| 3 Dana-e-Ilachi .. | .. | $\frac{1}{4}$ ,, |
| 4 Thabasheer .. | .. | $\frac{1}{4}$ ,, |
| 5 Gairu .. .. | .. | $\frac{1}{4}$ ,, |

Powder Nos. 1 to 5 each separately and mix well.

*Dose* : $\frac{1}{4}$ to $\frac{1}{2}$ tola, twice a day with water.
*Indications* : Gonococcal infections.

**202. Safoof-e-Surfa.** (Kharabadeen-e-Azam.)

Take of:

| | | |
|---|---|---|
| 1 | Filfil-e-Siyah .. .. | 4 tolas. |
| 2 | Nankha .. .. .. | 4 ,, |
| 3 | Namak-e-Lahoori.. .. | 4 ,, |
| 4 | Namak-e-Siyah .. .. | 4 ,, |
| 5 | Sohaga .. .. .. | 4 ,, |
| 6 | Berg-e-Adusa .. .. | 165 leaves (dry and powder). |
| 7 | Darefilfil .. .. .. | 4 tolas. |

Powder Nos. 1 to 7—each separately and mix well.

*Dose* : ¼ tola, two to three times a day with water.
*Indications* : Dry and unproductive cough and bronchitis.

**203. Safoof-e-Surinjan.** (Mughzan-ul-Murakabath.)

Take of:

| | | |
|---|---|---|
| 1 | Surinjan Sheeri .. .. | 4 tolas. |
| 2 | Zeera Sufeed .. .. | 1 tola. |
| 3 | Berg-e-Sana .. .. | 2 tolas. |
| 4 | Pudina Khushk .. .. | 1 tola. |
| 5 | Posth-e-Haleel-e-zard .. | 3 tolas. |
| 6 | Sugarcandy .. .. | 12 ,, |

Powder Nos. 1 to 6—each separately and mix well.

*Dose* : ¼ to ½ tola, twice a day with water.
*Indications* : Rheumatism, arthritis and sciatica.

**204. Safoof-e-Thabasheer.** (Hospital Pharmacopœia.)

Take of:

| | | |
|---|---|---|
| 1 | Thabasheer .. .. | 5 tolas. |
| 2 | Sath-e-Gulu .. .. | 5 ,, |
| 3 | Dana-e-Ilachi Sabz .. | 5 ,, |
| 4 | Sugarcandy .. .. | 15 ,, |

Powder Nos. 1 to 4—each separately and mix well.

*Dose* : ¼ tola, two or three times a day with water.
*Indications* : Infectious hepatitis, tuberculosis, haemorrhages, Peptic ulcer, etc.

**205. Safoof-e-Turbud.** (Hospital Pharmacopoeia.)

Take of :

| | | |
|---|---|---|
| 1 | Turbud .. .. .. | 10 tolas. |
| 2 | Zanjabeel .. .. .. | 1 tola. |
| 3 | Masthagi .. .. | 1 ,, |
| 4 | Sugarcandy .. .. | 12 tolas. |

Powder Nos. 1 to 4—each separately and mix well.

*Dose* : ¼ to ½ tola, twice a day with water.
*Indications* : Rheumatoid arthritis and chronic constipation.

## SECTION XX.

### SHERBATH.

'*Sherbaths*' or syrups are fluid preparations of either fresh or dry drugs containing sufficient quantity of sugar.

The consistency should be such as to appear like honey. They have to be preserved only in glass vessels or chinaware and not in metallic containers.

**206. Sherbath-e-Ayn-un-nas.** (Hospital Pharmacopoeia.)

Take of:

| | | |
|---|---|---|
| 1 | Ayn-un-nas (pine-apple juice) | 20 oz. |
| 2 | Sugar .. .. .. | 40 palams. |

Prepare the Khivam of No. 2 with the juice of No. 1 and preserve.

*Dose* : ½ to 1 oz., twice a day.
*Indications* : Ascites and retention of urine.

**207. Sherbath-e-Annar Shereen.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Annar Shereen-Juice .. | 24 oz. |
| 2 | Pudina-Juice .. .. | 1 ,, |
| 3 | Sugar .. .. .. | 50 ,, |

Prepare the Khivam of No. 3 with the juice of Nos. 1 and 2.

*Dose* : ½ to 1 oz., two to three times a day.
*Indications* : Cirrhosis of the liver and summer diarrhoea.

**208. Sherbath-e-Anar Thursh.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Anar Thursh juice .. | 20 oz. |
| 2 | Ood-e-Kham .. .. | 1 ,, |
| 3 | Amila .. .. .. | 1 ,, |
| 4 | Sugar .. .. .. | 40 palams. |

Prepare the Khivam of No. 4 with the juice of Nos. 1 to 3 and preserve.

*Dose* : ½ to 1 oz., twice a day.
*Indications* : Chronic diarrhoeas.

**209. Sherbath-e-Bailphal.** (Hospital Pharmacopoeia.)

Take of :

| | | |
|---|---|---|
| 1 | Bailphal juice .. .. | 20 oz. |
| 2 | Sugar .. .. .. | 40 palams. |

Prepare the Khivam of No. 2 with the juice of No. 1.

*Dose* : ½ to 1 oz., twice a day.
*Indications*: Chronic dysentery, diarrhoea, Entero-colitis, etc.

**210. Sherbath-e-Banafsha.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 Gul-e-Banafsha | .. | 3 palams. |
| 2 Sugar .. | .. | 20 ,, |

Prepare the Khivam of No. 2 with No. 1 and preserve.

*Dose*: ½ to 1 oz., twice a day.
*Indications*: Chronic fever, dry cough, palpitation of the heart.

**211. Sherbath-e-Buzoori.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 Badiyan .. | .. | 4 tolas. |
| 2 Tukhum-e-Kasni | .. | 4 ,, |
| 3 Tukhm-e-Khyar | .. | 4 ,, |
| 4 Tukhm-e-Kharbuza | | 4 ,, |
| 5 Beekh-e-Badiyan. | | 8 ,, |
| 6 Beekh-e-Kasni | .. | 8 ,, |
| 7 Sugar candy | .. | 32 ,, |

Prepare the decoction of Nos. 1 to 6, add No. 7 and boil to consistency.

*Dose*: ½ oz. to 1 oz., twice a day.
*Indications*: Nephritis, urethritis.

**212. Sherbath-e-Deenar.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 Tukhm-e-Kasni | .. | 2 tolas. |
| 2 Gul-e-Neelofer | .. | 1 tola. |
| 3 Gul-e-Surkh | .. | 2 tolas. |
| 4 Beekh-e-Kasni | .. | 4 ,, |
| 5 Gauzuban .. | .. | 1 tola. |
| 6 Tukhm-e-Kasoos | .. | 1 ,, |
| 7 Raivendchini | .. | 1¼ ,, |
| 8 Sugarcandy | .. | 16 tolas. |

Prepare the decoction of Nos. 1 to 7, add No. 8 and boil to consistency.

*Dose*: ½ to 1 oz., two or three times a day.
*Indications*: Jaundice, chronic constipation and sluggishness of the liver.

**213. Sherbath-e-Ejaz.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 | Unnab .. | 30 units. |
| 2 | Sapisthan .. | 75 ,, |
| 3 | Asale-Soos .. | 3 tolas. |
| 4 | Tukhm-e-Khathmi | 3 ,, |
| 5 | Tukhm-e-Khabbazi | 3 ,, |
| 6 | Gul-e-Neelofer | 3 ,, |
| 7 | Gul-e-Banafsha | 3 ,, |
| 8 | Bihidana .. | 2 ,, |
| 9 | Katheera .. | 1 tola. |
| 10 | Samagh Arabi | 1 ,, |
| 11 | Berg-e-Ausa | 40 units. |
| 12 | Sugarcandy .. | 40 palams. |

Take the extract of Nos. 1, 2 and 8 and the decoction of Nos. 3 to 7 and 11. Prepare the Khivam of No. 12 with the decoction and the extract and add the powders to Nos. 9 and 10.

*Dose*: ½ to 1 oz., twice a day.
*Indications*: Dry cough, pneumonia, pleural effusions.

**214. Sherbath-e-Feryad Ras.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 | Gauzuban .. | 2 tolas. |
| 2 | Sandal-e-Sufeed | 2 ,, |
| 3 | Parsiavoshan | 2 ,, |
| 4 | Ood-e-Saleeb | 2 ,, |
| 5 | Khashkhash Sufeed | 2 ,, |
| 6 | Asal-e-Soos .. | 2 ,, |

Take of—*cont.*

| | | |
|---|---|---|
| 7 | Tukhm-e-Khathmi .. | 1 tola. |
| 8 | Gul-e-Surkh .. | 1 ,, |
| 9 | Munakkha .. .. | 1 ,, |
| 10 | Sugar .. .. | 20 tolas. |

Prepare the Khivam of No. 10 with the decoction of Nos. 1 to 9 and preserve.

*Dose*: ½ to 1 oz., twice a day.
*Indications*: Cold, chronic bronchitis.

**215. Sherbath-e-Gudhal.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 | Gudhal Kham .. | 8 tolas. |
| 2 | Sapisthan .. .. | 5 ,, |
| 3 | Tukhm-e-palak .. | 5 ,, |
| 4 | Unnab .. .. | 2 ,, |
| 5 | Asal-e-Soos .. .. | 5 ,, |
| 6 | Sugar .. .. | 25 ,, |

Prepare the Khivam of No. 6 with the decoction of Nos. 1 to 5 and preserve.

*Dose*: ½ to 1 oz., twice a day.
*Indications*: Cold, chronic fevers.

**216. Sherbath-e-Gulab.** (Hospital Pharmacopoeia.)

Take of:

| | | |
|---|---|---|
| 1 | Arkh-e-Gulab .. | 24 oz. |
| 2 | Sugar .. .. | 40 palams. |

Prepare the Khivam of No. 2 with No. 1 and preserve.

*Dose*: ¼ to ½ oz., twice a day.
*Indications*: Nervous insomnia, chronic cholangitis.

**217. Sherbath-e-Jamoon.** (Hospital Pharmacopoeia.)

Take of:

| | | |
|---|---|---|
| 1 Jamoon juice | .. .. | 24 oz. |
| 2 Sugar | .. .. .. | 40 palams. |

Prepare the Khivam of No. 2 with the juice of No. 1.

*Dose* : ½ to 1 oz., twice a day.
*Indications* : Chronic diarrhoea, hepatic insufficiency biliary colic.

**218. Sherbath-e-Kevada.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 Aab-e-Kevada | .. .. | 20 oz. |
| 2 Sugar | .. .. .. | 40 palams. |

Prepare the Khivam of No. 2 with the juice of No. 1.

*Dose* : ½ to 1 oz., two or three times a day.
*Indications* : Nervous insomnia.

**219. Sherbath-e-Khyar Shamber.** (Hospital Pharmacopoeia.)

Take of:

| | | |
|---|---|---|
| 1 Maghz-e-Khyar Shamber. | | 10 tolas. |
| 2 Sugar | .. .. .. | 10 palams. |

Prepare the Khivam of No. 2 with the juice of No. 1 and preserve.

*Dose* : ½ to 1 oz., twice a day.
*Indications* : Haemorrhoides, chronic constipation.

**220. Sherbath-e-Madani.** (Hospital Pharmacopoeia.)

Take of:

| | | |
|---|---|---|
| 1 Sirka Angoori | .. .. | 2 oz. |
| 2 Lemoon | .. .. | 5 units. |
| Turanj | .. .. .. | 5 ,, |

Take of—*cont.*

| | | | |
|---|---|---|---|
| 4 | Kashneez sabz | .. | 1 palam. |
| 5 | Zanjabeel sabz | .. | 1 ,, |
| 6 | Pudina .. | .. | 1 ,, |
| 7 | Ilachi .. | .. | 1 tola. |
| 8 | Posth-e-Turanj | .. | 1 ,, |
| 9 | Zaher-Mohra | .. | 1 ,, |
| 10 | Arkh-e-Gulab | .. | 1 oz. |
| 11 | Sugar .. | .. | 20 palams. |

Grind Nos. 9 with 10 in a mortar. Prepare the Khivam of No. 11 with the juice of Nos. 1 to 8 add the powders and mix well.

*Dose* : $\frac{1}{4}$ to $\frac{1}{2}$ oz., two or three times a day.
*Indications* : Cholera, diarrhoea.

**221. Sherbath-e-Sual.** (Hospital Pharmacopoeia.)

Take of:

| | | | |
|---|---|---|---|
| 1 | Berg-e-Adusa. | .. | 50 leaves. |
| 2 | Zoofa .. | .. | 3 tolas. |
| 3 | Asal-e-Soos | .. | 3 ,, |
| 4 | Pariavushan | .. | 1 tola. |
| 5 | Sugarcandy .. | .. | 25 palams. |

Prepare the Khivam of No. 5 with the juice of Nos. 1 to 4.

*Dose* : $\frac{1}{4}$ to $\frac{1}{2}$ oz., twice a day.
*Indications* : Dry unproductive cough.

**222. Sherbath-e-Turanj.** (Hospital Pharmacopoeia.)

Take of:

| | | | |
|---|---|---|---|
| 1 | Aab-e-Turanj | .. | 40 oz. |
| 2 | Sugar .. | .. | 80 palams. |

Prepare the Khivam of No. 2 with the juice of No. 1 and preserve.

*Dose* : $\frac{1}{2}$ to 1 oz., twice a day.
*Indications* : Gastritis, meteorism, flatulence, etc.

**223. Sherbath-e-Unnab.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Unnab .. .. | 10 palams. |
| 2 | Sugar .. .. | 30 ,, |

Prepare the Khivam of No. 2 with the decoction of No. 1.

*Dose* : ½ to 1 oz., twice a day.
*Indications* : Chronic skin diseases.

**224. Sherbath-e-Ushba.** (Maghzan-ul-Murakabath.)

Take of :

| | | |
|---|---|---|
| 1 | Ushba .. .. .. | 1½ tolas. |
| 2 | Chobe chini .. .. | 1½ ,, |
| 3 | Aalu Bukhara .. .. | 1 tola. |
| 4 | Unnab .. .. .. | 1 ,, |
| 5 | Maghz-e-Tukhm-e-Khaddu. | 22 tolas. |
| 6 | Maghz-e-Tukhm-e-Kherbuza. | 2 ,, |
| 7 | Jou .. .. .. | 4 ,, |
| 8 | Water .. .. .. | 80 oz. |
| 9 | Shathra .. .. .. | 1 tola. |
| 10 | Banafsha .. .. | 1 ,, |
| 11 | Sugar .. .. .. | 45 palams. |

Prepare the Khivam of No. 11 with the decoction of Nos. 1 to 10.

*Dose* : ½ to 1 oz., twice a day.
*Indications* : Syphilis, scarlatina, Blood purifier.

**225. Sherbath-e-Verd.** (Kharabadeen-e-Jadeed.)

Take of :

| | | |
|---|---|---|
| 1 | Gul-e-Surkh .. .. | 20 palams. |
| 2 | Sugar .. .. .. | 60 ,, |

Prepare the Khivam of No. 3 with the decoction of No. 1 and preserve.

*Dose* : ½ to 1 oz., two or three times a day.
*Indications* : Constipation in the beginning of acute dysentery.

**226. Sherbath-e-Verd Mukerrer.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 | Gul-e-Surkh .. .. | 30 palams. |
| 2 | Sugar .. .. .. | 90 ,, |

Prepare the Khivam of No. 2 with the decoction of No. 1. repeat the process again.

*Dose* : ½ to 1 oz., two or three times a day.
*Indications* : Constipation, hepatic and biliary disturbances.

**227. Sherbath-e-Zoofa Murakkab.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 | Anjeer .. .. .. | 1 tola. |
| 2 | Tukhm-e-Khathmi .. | 1 ,, |
| 3 | Asal-e-Soos .. .. | 1 ,, |
| 4 | Beekh-e-Banafsha .. | 1 ,, |
| 5 | Hulba .. .. .. | 1 ,, |
| 6 | Badiyan .. .. .. | 1½ tolas. |
| 7 | Karfas .. .. .. | 1½ ,, |
| 8 | Parsiavushan .. .. | 2 ,, |
| 9 | Zoofa .. .. .. | 2 ,, |
| 10 | Munakkha .. .. | 9 ,, |
| 11 | Gul-e-Surkh .. .. | 4 ,, |
| 12 | Sugar .. .. ... | 60 palams. |

Prepare the Khivam of No. 12 with the decoction of Nos. 1 to 11.

*Dose* : ½ to 1 oz., two to three times a day.
*Indications* : Asthma, cough and bronchitis.

## SECTION XXI.

### SIKANJABEEN.

'*Sikanjabeen*' are syrups wherein vinegar is added in the preparation.

**228. Sikanjabeen-e-Buzuri.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 | Beekh-e-Kasni .. .. | 3 tolas. |
| 2 | Tukhm-e-Khayar .. .. | 3 ,, |
| 3 | Tukhm-e-Kasni .. .. | 6 ,, |
| 4 | Sirka Angoori .. .. | 6 oz. |
| 5 | Sugar .. .. .. | 18 palams. |

Prepare the Khivam of No. 5 with the addition of No. 4 and the decoction of Nos. 1 to 3.

*Dose*: $\frac{1}{4}$ to $\frac{1}{2}$ oz., two or three times a day.

*Indications*: Ascites, vomiting of pregnancy, biliousness.

**229. Sikanjabeen-e-Sada.** (Kharabadeen-e-Jadeed.)

Take of:

| | | |
|---|---|---|
| 1 | Sirka Angoori .. .. | 20 oz. |
| 2 | Sugar .. .. .. | 40 palams. |

Prepare the Khivam of No. 2 with the addition of No. 1.

*Dose*: $\frac{1}{4}$ th $\frac{1}{2}$ oz., two or three times a day.

*Indications*: Dyspepsia, infectious intestinal catarrh.

## SECTION XXII.

### ZAROOR.

'*Zaroor*' is a fine powder of dried drugs used for dusting infected wounds and ulcers.

**230. Zaroor-e-Khula.** (Hospital Pharmacopoeia.)

Take of:

| | | |
|---|---|---|
| 1 | Gul-e-Surkh .. .. | 1 palam each. |
| 2 | Gulnar .. .. .. | 1 palam each. |
| 3 | Dana-e-Ilachi Khurd .. | 1 palam each. |
| 4 | Kath Sufeed .. .. | 1 palam each. |
| 5 | Kababa .. .. .. | 1 palam each. |
| 6 | Asal-e-Soos .. .. | 1 palam each. |
| 7 | Kafoor .. .. .. | 1 tola. |

Powder Nos. 1 to 6 and 7 separately in a mortar and mix both.

For external use only as dusting powder.

*Indications*: Scalds and ulcers.

**231. Zaroor-e-Madani.** (Hospital Pharmacopoeia.)

Take of:

| | | |
|---|---|---|
| 1 | Kath Sufeed .. .. | 1 tola. |
| 2 | Kafoor .. .. .. | 1 ,, |
| 3 | Maphal .. .. .. | 1 ,, |
| 4 | Shib .. .. .. | 1 ,, |
| 5 | Raskapur .. .. .. | ½ ,, |
| 6 | Murdar singh .. .. | ½ ,, |
| 7 | Zeebakh .. .. .. | ½ ,, |

Powder Nos. 1 to 7—each separately and mix well.

For external use only as dusting powder.

*Indications*: Chancroid and chronic ulcers.

## SECTION XXIII.

### ZIMAD.

*Zimad* is a fine powder of dried drugs. It is applied mixed with any suitable fluid or oil on inflamed parts. The application should be warm.

**232. Zimad-e-Aujah.** (Hospital Pharmacopoeia.)

Take of :

| | |
|---|---|
| 1 Zerd chobe.. .. .. | 3 tolas. |
| 2 Darhald .. .. .. | 3 ,, |
| 3 Maida Lakdi .. .. | 6 ,, |
| 4 Wheat flour .. .. | 6 ,, |
| 5 Maithi .. .. .. | 6 ,, |
| 6 Sibr .. .. .. | 1 tola. |

Powder Nos. 1 to 3, 5 and 6 each separately, mix all the powders with No. 4.

For external use only.

*Indications* : Inflammation, abscesses.

**233. Zimad-e-Halaque.** (Hospital Pharmacopoeia.)

Take of :

| | |
|---|---|
| 1 Jadvar .. .. .. | Equal parts. |
| 2 Zaher Mohra .. .. | |
| 3 Zaranbad .. .. .. | |

Powder Nos. 1 to 3 and make a smooth thin paste with warm water.

*Dose* : Used as throat paint.

*Indications* : Tonsillitis, pharyngitis.

**234. Zimad-e-Thehal Ushakhwala.** (Kharabadeen-e-Azam.)

Take of:

| | | |
|---|---|---|
| 1 Berg-e-Sudab | .. .. | $\frac{3}{4}$ palam. |
| 2 Ushakh .. | .. .. | $\frac{1}{2}$ ,, |
| 3 Pudina Sabz | .. .. | $\frac{1}{2}$ ,, |
| 4 Bura-e-Armani | .. .. | $\frac{1}{2}$ ,, |
| 5 Sirka Angoori | .. .. | Quantity sufficient. |

Grind Nos. 1 to 4 in No. 5 to a smooth paste.

Apply externally.

*Indications* : Chronic enlargement of the spleen.

## SECTION XXIV.

### MEDICINES USED IN SURGERY.

**235. Khuthoor-e-Deegar.** (Kharabadeen-e-Khaderi.)

Take of:

| | | |
|---|---|---|
| 1 Afyun .. | .. .. | 1 tola. |
| 2 Shiaf-e-Abeez | .. .. | 3 tolas. |
| 3 Roghan-e-Gul | .. .. | 4 ,, |
| 4 Vinegar .. | .. .. | $1\frac{1}{4}$ tola. |

Mix Nos. 1 to 3 in 4 and preserve.

Use as ear-drops.

*Indications* : Chronic otitis media, ear-ache.

**236. Zimad-e-Vaja-u Reham.** (Kharabadeen-e-Khaderi.)

Take of:

| | | |
|---|---|---|
| 1 Safron .. | .. .. | $2\frac{1}{2}$ tolas. |
| 2 Afyun .. | .. .. | $2\frac{1}{2}$ ,, |

Take of—*cont.*

| | | | |
|---|---|---|---|
| 3 Bazar-ul-Banj | .. | .. | $2\frac{1}{2}$ tolas. |
| 4 Baiza Muragh | .. | .. | 1 unit. |
| 5 Thukhum-e-Khatmi | | .. | $1\frac{1}{4}$ tolas. |
| 6 Thukhum-e-Kathan | | .. | $1\frac{1}{4}$ ,, |
| 7 Roghan-e-Khusth | | .. | Quantity sufficient. |
| 8 Potatoes (pulp) | .. | .. | Do. |

Boil No. 4, remove the yolk and grind it with other drugs.

For external application only.

*Indications* : Topically used over the hypogastric region for uterine pains and rectal application in haemorrhoids.

**237. Shiaf-e-Deenar-e-Joon.** (Biaz-e-Kabir, Vol. II.)

Take of :

| | | | | |
|---|---|---|---|---|
| 1 Sufeeda Arzee | .. | | .. | $2\frac{1}{2}$ tolas. |
| 2 Roopa Makkhee | .. | | .. | $2\frac{1}{2}$ ,, |
| 3 Katheera | .. | .. | .. | $\frac{3}{8}$ tola. |
| 4 Afyun | .. | .. | .. | $\frac{1}{4}$ ,, |
| 5 Nishastha | .. | .. | .. | $\frac{1}{4}$ ,, |

Grind Nos. 1 to 5 in water and apply.

For topical application only.

*Indications* : Styes, conjunctivitis, trachoma.

238. **Marhem-e-Shadenaj** (Syn:—**Marham-e- Bavaseer.**)
(Kharabadeene-Khaderi.)

Take of:

| | | | |
|---|---|---|---|
| 1 | Shadenaj (purified) | .. | $\frac{3}{4}$ tola. |
| 2 | Gil-e-Armani .. | .. | $\frac{3}{4}$ ,, |
| 3 | Usara Afsantheen | .. | $\frac{3}{4}$ ,, |
| 4 | Lehathiul Thees | .. | $\frac{3}{4}$ ,, |
| 5 | Afyun .. .. | .. | $\frac{1}{8}$ ,, |
| 6 | Vacharja Sufeeda | .. | $\frac{1}{2}$ ,, |
| 7 | Safron .. .. | .. | $\frac{1}{4}$ ,, |
| 8 | Roghan-e-Banafsha | .. | $2\frac{1}{2}$ tolas. |
| 9 | Badam .. .. | .. | $2\frac{1}{2}$ ,, |
| 10 | Roghan-e-Gul .. | .. | $2\frac{1}{2}$ ,, |
| 11 | Mom Sufeed .. | .. | $1\frac{1}{4}$ ,, |
| 12 | Sheer-e-Aurath (breast milk). | | 1 oz. |

Melt No. 11 and mix all the powders. Finally add No. 12 and mix well.

For external use only.

*Indications*: Haemorrhoids, proctitis, prolapse of the anus.

239. **Manjan-e-Surkh.** (Hospital Pharmacopœia.)
Take of:

| | | | | |
|---|---|---|---|---|
| 1 | Thambakoo | .. | .. | 5 tolas. |
| 2 | Filfil-e-Siyah | .. | .. | 5 ,, |
| 3 | Gil-e-Armani | .. | .. | 5 ,, |
| 4 | Posth-e-Haleela-e-Zard | | .. | 15 ,, |
| 5 | Posth-e-Beekh-e-Thavar | | .. | 15 ,, |

Fry No. 1 in a mud pan till it becomes brown and pound immediately, powder of Nos. 2 to 5 and mix well.

Used as tooth powder.
*Indications*: Tooth-ache and pyorrhœa alveolaris.